

Sitemap PIYA TAN

<http://www.themindingcentre.org/dharmafarer/>

- [About us / Support us](#)
 - [Contact us](#)
 - [Dharmafarer History](#)
 - [Disclaimer](#)
- [Classes / courses](#)
 - [Sutta classes](#)
 - [Meditation & counselling](#)
- [Piya Tan](#)
 - [Piya Tan's teachings](#)
 - [Sutta talks \(2018\)](#)
 - [Interview with Piya](#)
 - [Mahayana Buddhism](#)
 - [Sutta talks](#)
 - [Piya Tan's other works](#)
 - [Dharma for the Millions](#)
 - [Other Buddhist books](#)
 - [Simple Joys Series](#)
 - [Short Articles](#)
- [Resources](#)
 - [Dharma Drive \(USB thumb drive\)](#)
 - [Buddhist Meditation Guidebooks](#)
- [Weekly Reflections](#)
 - [Inspirations](#)
 - [Revisioning Buddhism](#)
 - [Revisioning Buddhism 2018](#)
 - [Singapore Fables](#)
 - [Reflections in Chinese](#)
 - [Full list of reflections](#)
 - [Index of Reflections](#)
- [SUTTA DISCOVERY \(SD\)](#)
 - [Books from SD series](#)
 - [Guides \(lists, conventions, dictionary, indexes, etc\)](#)
 - [Printing the suttas](#)
 - [To purchase Sutta Discovery](#)
 - [SD 1 – 9](#)
 - [SD 10 – 19](#)
 - [SD 20 – 29](#)
 - [SD 30 – 39](#)
 - [SD 40 – 49](#)
 - [SD 50 – 59 \(in progress\)](#)
 - [Selected Essays fr SD](#)
 - [Trilinear & parsed suttas](#)
- [Simplified Sutta Discovery \(SSD\)](#)
 - [SSD 1 – 9](#)
- [TIPITAKA “The Three Baskets”](#)
 - [\(V\) Vinaya](#)
 - [\(D\) Digha Nikaya \[ongoing\]](#)
 - [\(M\) Majjhima Nikaya \[ongoing\]](#)
 - [\(S\) Samyutta Nikaya \[ongoing\]](#)
 - [\(A\) Anguttara Nikaya \[ongoing\]](#)
 - [Khuddaka Nikaya \[Ongoing\]](#)

[About us / support us](#)

OUR VISION & MISSION

The Minding Centre

The Minding Centre, based in Singapore, is part of Piya Tan's Dharma ministry. It was founded in 2006 to provide Dharma-based non-religious service to those who seek wisdom, counsel and solace. It also serves as a haven and hub for those seeking Dharma by way of meditation and education, Sutta study and translation, and spirituality. The Centre also supports, and promotes Piya Tan in his full-time Buddhist ministry, so that his works and legacy will grow and last.

The Sutta Discovery Series

The Sutta Discovery Series is a title in the Living Word of the Buddha project, whose mission is to inspire and facilitate Buddhist Studies, both in a Dharma-centred and an academic manner for personal development outreach effort in local and global scale. The Minding Centre and the Living Word of the Buddha project are motivated and guided by the vision of mere Buddhism.

The Mere Buddhist Vision

We aspire to learn, teach and practise mere Dharma, or “non-religious Buddhism,” that is, Buddhism as simple as possible, as the Buddha Dharma, so that it is open to all who seek true stillness and liberating wisdom. We aspire to compassionately and joyfully proclaim the possibility, necessity and urgency of gaining spiritual liberation in this life itself—at least as streamwinners, with or without dhyana—in keeping with the Okkanti Samyutta (S 25). *Mere Buddhism is real and easy: live it and be free.*

PIYA TAN (1949-?2030)

Piya Tan, a former **Theravada monk** of 20 years, is doing an annotated translation of the early Pali Suttas ([The Sutta Discovery Project](#)), harmonizing between the historical critical method and Dharma-moved inspiration, and teaching them. Piya specializes in early Buddhism and its application today. His Sutta translations are especially popular with the forest monastics.

In the 1980s, working closely with Dr Ang Beng Choo, project director of the Buddhist Studies Team (BUDS), Piya was consultant and regular lecturer. BUDS successfully introduced Buddhist Studies in Singapore secondary schools.

After that, he was invited by Prof Lewis Lancaster as a visiting scholar to **the University of California at Berkeley, USA**. He has written a number of educational books on Buddhism and social comments (such as *Buddhist Currents* and *Charisma in Buddhism*).

As a **full-time Dharma teacher**, he runs regular Sutta and Dharma classes at various temples, centres. He practises Buddhist counseling therapy using a combination of Forest-Insight meditation and Sutta-based psychology.

Piya often critically writes on contemporary Buddhist-related issues, and often speaks out against the misinformation, misuse and abuse of Buddhism. He sees Buddhism as a humanistic and life-affirming way to spiritual awakening, and has great faith in gaining it in this life.

In his free time, he loves teaching his children and Ratna to think critically and enjoys the wonders of nature. [\[More info\]](#)

Help us beautify the lives of others

Piya Tan and his wife are dedicating their remaining years to full-time Dharma work without any salary. Your continued donations will keep the Sutta Translation project and this website going.

Those who give an outright donation of \$200 will receive all past SD volumes and Piya's other works on a micro SD card or similar device.

Those who are already our DHARMA STEWARDS (regular supporters), you only need to contact us for this SD Subscription, so that we can email you the SD volumes (soft copies) accordingly.

You can donate to Piya's translation project and Dharma work by the following 5 ways:

(1) Outright donation. By PayNow. hp +65 8211 0879 (The Minding Centre).

(2) SD Subscription.

Sutta Discovery (SD) volumes are FREELY available online. This is for those who want to support the SD translation and teaching work, and get the latest SD versions.

Every 3 months, you will receive a soft copy of a new or revised SD volume, plus occasional Bonus volume. We now have over 50 volumes which are being revised.

Please choose your option below and click the “subscribe” button below. (Your payment is secured with PayPal). For any other amount of donation, please use option 2 below.

Classes / courses

[The Living Word of the Buddha · Living the Word of the Buddha](#)

Sutta Discovery: directly seeing the Buddha's Teachings

The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teachings. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you learn and master the Pali Canon: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Agama) versions of the suttas. Although a very basic knowledge of Buddhism (the 5 Precepts, etc) is helpful, no knowledge of these languages is required for this course. This class is suitable for beginner and mid-range level.

The Sutta Discovery (SD) series started with the NUS Buddhist Society weekly Sutta Study Group (SSG) classes in February 2002, and the Buddhist Fellowship SD series started in February 2003. The SD materials are now freely available worldwide on dharmafarer.org. There is an on-going global team of volunteer Sutta readers who regularly study the suttas and essays, and proof-read them at the same time.

Piya Tan



Piya Tan: Dharma teacher, meditation therapist, writer, translator.

Piya Tan, who works on the Sutta Discovery Project, and teaches them, was a former **Theravada monk** for 20 years. Today he is a full time lay Dharma teacher specializing in [early Buddhism](#). He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced **Buddhist Studies in Singapore Secondary Schools** in the 1980s. After that, he was invited as a visiting scholar to **the University of California at Berkeley, USA**. He has written many ground-breaking and educational books on Buddhism (such as *Total Buddhist Work*) and social surveys (such as *Buddhist Currents* and *Charisma in Buddhism*).

As a **full-time Dharma teacher**, he runs Buddhist, Sutta and Pali classes like [the basic Pali course series](#), [the Sutta Study Group](#) (NUSBS), [Dharma courses](#) (the Singapore Buddhist Federation), [Sutta Discovery classes](#) (Buddhist Fellowship and elsewhere), and Sutta-based (including meditation) courses (Brahm Education Centre), besides his own full-time **Pali translation and research project**, the Pali House, and doing [a comparative study of the Pali Nikayas and the Chinese Agamas](#). As a Theravada monk, he learned [insight meditation](#) from **Mahasi Sayadaw** himself in the 1980s. As a lay teacher, he learned [forest meditation](#) from the **Ajahn Brahmavamso**. He has run numerous **meditation courses and retreats** for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and also to BP, JPMorgan, the Defence Science Organization, GMO, HP and SIA. He is doing all this for the love of Dharma and of Ratna and their two children.

[Wikipedia entry on Piya Tan: http://en.wikipedia.org/wiki/Piya_Tan](http://en.wikipedia.org/wiki/Piya_Tan)

Piya Tan's teachings

[\(1\) Interview with Piya Tan by Jan-Christoph Daniel](#)

[\(2\) Sutta talks by Piya Tan \(on YouTube\) \[Before 2018\]](#)

- [Sutta talks \(2018\)](#)

[\(3\) Mahayana Sutras \(on YouTube\)](#)

Sutta talks

[Pali Sutta \(Early Buddhism\) talks by Piya Tan \(on YouTube\)](#)

- Piya Tan on the [purpose of learning the early Buddhist suttas](#).

1. [Awakening in this life itself](#) [1:26]. ([Anicca](#)) Cakkhu Sutta (S 25.1 = [SD 16.7](#)).

How to awaken in this life itself. YouTube links: [Part 1](#), [Part 2](#), [Part 3](#), [Part 4](#), [Part 5](#).

2. ([Agara](#)) Aditta Sutta (S 1.41 = [SD 2.8](#)): On having the right priorities in life.

3. [On the best gifts](#). Kimdada Sutta (S 1.42 = [SD 2.9](#)) [110327]

4. A matter of the body: the first aggregate ([SD 17.2a](#))

YouTube links: [Part 1a](#), [Part 1b](#), [Part 1c](#), [Part 1d](#), [Part 2a](#), [Part 2b](#), [Part 2c](#), [Part 2d](#) (Q&A).

5. Nibbida: disillusionment and revulsion ([SD 20.1](#)). The arhat's awareness and response to true reality.

YouTube links: [Part 1a](#), [Part 1b](#), [Part 2a](#), [Part 2b](#).

6. Guanyin: my personal experiences. YouTube links: [Part 1 of 2](#), [Part 2 of 2](#).

7a. [The 4 brahma viharas or the 4 immeasurables](#) (lovingkindness, compassion, joy, equanimity: an Introduction to the Karajakaya Brahmavihara Sutta (A 10.208 = [SD 2.10](#))). [110327]

7b. [How lovingkindness limits karma](#). Karajakaya Brahmavihara Sutta (A 10.208 = [SD 2.10](#))). [110327]

8. Impermanence of the mind, dependent arising and nibbida. A study of the Assutava Sutta 1 (S 12.61 = [SD 20.2](#)) & Assutava Sutta 2 (S 12.62 = [SD 20.3](#)).

YouTube links: [part 1 of 2](#), [part 2 of 2](#).

9. [Anusaya](#): latent tendencies. The self, habits, awareness and liberation ([SD 31.3](#)).

10. Basic Buddhism Course. (Jan 2012)

Lesson 1: [part 1 of 2](#) (The purpose of being a Buddhist; key concepts in Buddhism).

Lesson 1: [part 2 of 2](#) (Social background of Buddhism in ancient India).

Lesson 2: [part 1 of 2](#) (the 3 trainings, 5 universal values, 5 precepts),

Lesson 2: [part 2 of 2](#) (5 universal rules, latent tendencies, How our past control us, happiness, emotional independence)

Lesson 3: [part 1 of 2](#) (The 3 trainings [details], the 3 knowledges, The purpose of Life, Impermanence, Physical joy vs mental Joy).

Lesson 3: [part 2 of 2](#). (The 4 foundation of mindfulness (Satipatthana), How we create our world, Origin of universe, Chanting).

11. [Meditation leads to calmness and happiness](#) (extracted from Basic Buddhism 3, part 2 of 2)

12. [Viveka,nissita](#): the stages to liberation ([SD 20.4](#)).

13. [Matter and moments](#): the phases of matter and the theory of moments ([SD 17.2b](#)) & A study of the 2nd aggregate: vedana: feeling 1 ([SD 17.3](#)).

14. A study of the second aggregate: vedana (feeling) part 2 ([SD 17.3](#)). [Part 1 of 2](#). [Part 2 of 2](#).

15. A study of the second aggregate: vedana (feeling) part 3. [Do Buddha and arhat have feelings?](#) ([SD 17.3](#)). [130224]

16. [Why there is no self behind our mental processes & the true nature of food](#); Studies of Moliya Phaggunna Sutta (S 12.12 = [SD 20.5](#)) and Putta,mamsa Sutta (Discourse on the son's flesh) (S 12.63 = [SD 20.6](#)). [130116]

17. [The True Meaning of Seeing](#). A study of the Subha Therigatha (Thi 366-399 = [SD 20.7](#)). [130123]

18. [How an actor-dancer becomes an awakened monk](#), Talaputa Sutta (S 42.2 = [SD 20.8](#)). [130130]

19. [A spiritual soliloquy and the joy of spiritual solitude](#), Talaputa Theragatha (Tha 1091-1145 = [SD 20.9](#)) [130206]

20. [True solitude](#), Migajala Theragatha (Tha 417-422 = [SD 20.10](#)). [130213]

21. [Our senses are our world](#), Samiddhi Sutta 4 (S 35.68 = [SD 20.11](#)). [130213]

22. [How to balance our spiritual practice](#), Sona (Kolivisa) Sutta (A 6.55 = [SD 20.12](#)) [130220]

23. [Sainthood in daily life](#), Samana-m-acala Sutta 1 & 2 (A 4.87 & A 4.88 = [SD 20.13](#) & [SD 20.14](#)) [130227]

24. [When are we ready to teach the Dharma?](#) Punnovada Sutta (M 145 = [SD 20.15](#)). The noble eightfold path leads to awakening, Nava Sutta (S 45.158 = [SD 20.16](#)). [130306]

25. [Perception 1: How to deal with memories and feelings](#). A study of the 3rd aggregate (sañña) [[SD 17.4](#)] [130310]

26. [Perception 2: How to deal with memories and feelings](#). [130324]

27. [Perception 3: How to deal with memories and feelings](#) (last part). [130414]

28. [Patience and non-violence](#). Kakacupama Sutta (M 21 = [SD 38.1](#)) [130313]

29. [Impure and pure way of teaching the Dharma](#). Candupama Sutta (S 16.3 = [SD 38.2](#)). [130320]

30. [How to cultivate lovingkindness part 1 & 2 of 3](#). Karaniya Metta Sutta (Sn 1.8 = Khp 9), [SD 38.3](#). [130327]

31. [How to cultivate lovingkindness part 3 of 3](#). [130403]

32. [Love: a Buddhist perspective on friendship, humanity and life \(part 1\)](#). ([SD 38.4](#)) [130410]

33. [Love: a Buddhist perspective on friendship, humanity and life \(part 2\)](#). [130417]

34. [Love: a Buddhist perspective on friendship, humanity and life \(part 3 of 4\)](#). [130424]

35. [Love: a Buddhist perspective on friendship, humanity and life \(part 4 of 4\)](#). [130501].

36. [Karma is like debts and interests that accumulate](#). Ina Sutta (A 6.45 = [SD 37.5](#)). [130421]

37. [How to interpret our sense-experiences](#). Sañña Nanatta Sutta (S 14.7) = [SD 17.5](#). [130428]

38. [Sankhara \(formations\): a study of the 4th aggregate. \(Part 1\)](#) ([SD 17.6](#)) [130428]

39. [Sankhara \(formations\): a study of the 4th aggregate \(part 2 of 2\)](#). ([SD 17.6](#)) [130512]

40. [Samatha and vipassana: how balanced practice brings us streamwinning](#). ([SD 41.1](#)) [130505]

41. Brahma, vihara: the four divine abodes (part 1 of 2). Cultivating the divine in us: becoming gods here and now. (SD 38.5) [130508]
42. Brahma, vihara: the four divine abodes (part 2 of 2). Cultivating the divine in us: becoming gods here and now. (SD 38.5) [130522]
43. Godliness is within us. (Brahma) Vihara Subha Sutta (M 99 = SD 38.6) [130515]
44. True wealth is the good that we really are. Meaning of Vesak, 3 trainings, being truly happy. Ariya Dhana Sutta 1 & 2 (A 7.5 & A 7.6 = SD 37.6). [130519]
45. Consciousness 1 of 3 (viññana): How mindfulness and meditation shape our consciousness. A study of the 5th aggregate. (SD 17.8a) [20130526]
46. Consciousness 2 of 3 (viññana): How mindfulness and meditation shape our consciousness. A study of the 5th aggregate. (SD 17.8a) [130609]
47. Consciousness 3 of 3 (viññana): Awakening our consciousness in this life itself. A study of the 5th aggregate. (SD 17.8a) [130623]
48. Where love begins and grows (3 suttas). (Piya) Mallika Sutta (S 3.8 = U 5.1 @ SD 38.7), (Pasenadi) Piya Sutta (S 3.4 @ SD 38.8), Atta Rakkhita Sutta (S 3.5 @ SD 38.9). [130629]
49. Group karma? 1 of 3. Personal responsibility and collective action. (SD 39.1) [130605]
50. Group karma? 2 of 3. Personal responsibility and collective action. (SD 39.1) [130612]
51. (1) Good begets good? & (2) A saint is not troubled by karma. (Studies on Isayo Samuddaka Sutta, S 11.10 @ SD 39.2 & Sabba Kamma Jaha Sutta, U 3.1 @ SD 39.3). [130613]
52. Buddhist Psychology: meditation and consciousness (SD 17.8c) [130630]
53. Blame conditions, not others. (Jati) Paccaya Sutta (S 12.20 = SD 39.5). [130710]
54. What's eating you? On Buddhist psychology and healing. A study of the Khajjaniya Sutta (S 22.79 = SD 17.9). [130714]
55. Anger management. Aghata Pativinaya Sutta 2 (A 5.162 = SD 39.6) [130717]
56. The monk and the first scientist? On karma, rebirth and proper giving. Payasi Sutta (D 23 = SD 39.4) [130703]
57. Right Livelihood: the nature of wealth and the full life. Part 1 of 2; part 2 of 2 (SD 37.8) [130721]
58. We are our karma. Samsappaniya Pariyaya Sutta (A 10.205 = SD 39.7) [130724]
59. The 5 aggregates, clinging, identity view and non-self. Part 1 of 2; part 2 of 2. A study of the Maha Punnama Sutta (M 109) = Punnama Sutta (S 22.82) = SD 17.11 [130728]
60. What to do, what to avoid (Part 1 of 2, part 2 of 2). A study of the Sevittabasevitabba Sutta, The Discourse on what to resort to and what is not to be resorted to. (M 114, SD 39.8) [130731]
61. Prayers do not affect a person's destiny or afterlife (part 1 of 2, part 2 of 2). Asibandhaka,putta Sutta (S 42.6, SD 39.9) [130807]
62. How Buddhism and Psychology Working Together Can Heal Us. (part 1 of 2, Khandha (Aditta) Sutta, S 22.61 = SD 17.10; part 2 of 2, Phenapinda Sutta, S 22.95 = SD 17.12) [130811]
63. Beauty, wealth and power as karmic fruits. (Kamma) Mallika Sutta, A 4.197 = SD 39.10. [130814]
64. The nature of true service (part 1 of 2, part 2 of 2). Esukari Sutta, M 96 = SD 37.9. [130818]
65. How best to honour our relations: Tirokudda Sutta (Khp 9, SD 2.7). [130825]
66. How suffering arises through conditionality. (Avijja) Paccaya Sutta (S 12.27, SD 39.12) [130828]
67. Buddhist: fiction and fact. The Notion of Ditthi (part 1, part 2, part 3, part 4, part 5), (SD 40a.1) [130904; 1309114; 130918, 130925 & 131002]
68. There is no "person" in the aggregates. Bhara Sutta (S 22.22, SD 17.14) [130923]
69. The middle way between extreme views. Lokayatika Sutta (S 12.48, SD 17.15) [130923]
70. Consciousness works with the aggregates. Udana Sutta (S 22.55, SD 17.16) [130923]
71. Purity is not on account of birth or rebirth. Assalayana Sutta (M 93, SD 40a.2) [131009]
72. How our senses affect our thinking. Yavakalapi Sutta (S 35.248, SD 40a.3) [131016]
73. Levels of learning: on the nature and progress of spiritual maturation (SD 40a.4, part 1 of 2; part 2 of 2) [13103 & 131030]
74. The training of a true disciple. Cula Hatthi, padopama Sutta (M 27, SD 40a.5) [131113]
75. Pasadika Sutta (D 29, SD 40a.6): Part 1 of 2: How Buddhism Might Fail [131120]; Part 2 of 2: How Buddhism succeeded as A Religion [131127]
76. Satipatthana Suttas. The Discourse on the Focuses of Mindfulness: body-based, feeling-based, mind-based, reality-based meditations. (SD 13). [Part 1, part 2, part 3, part 4, part 5, part 6, part 7] [131013 – 140112]
77. How to enjoy the benefits of this world and the next world. Patta Kamma Sutta (A 4.61, SD 37.12) [131020]
78. How robes are recycled. Donapaka Sutta & Pasenadi Kosala Vatthu (S 3.13 & DhA 15.7; SD 37.13) [131117]
79. The Buddha on Dieting. (V 2:290; DhA 2.1 & J 157, SD 37.14) [131117]
80. Emotional independence: awakening begin with seeing the truth within (SD 40a.8) [131211 – 140115]
- YouTube links: (part 1: Self-identity view; part 2: Doubt; part 3: superstition & conditionality)
81. Cetana Suttas 1-3. Discourses on Volition. (YouTube link; SD 7.6abc) [140108]
82. Nature of the awaken mind. Cula Vedalla Sutta, The Discourse on the Shorter Catechism (M 44, SD 40a.9). [140122]
83. On life's true priorities that bring liberation. Adhipateyya Sutta (A 3.40, SD 27.3) [140126]
84. The unanswered questions (SD 40a.10). YouTube links: part 1 of 3, part 2 of 3, part 3 of 3. [140205, 140212 & 140219]
85. Group karma? (SD 39.1) [13014]
86. Bad comes to bad-doer, Isayo Samuddaka Sutta (S 11.10 @ SD 39.2) [140223]
87. A saint is untroubled by karma, Sabba Kamma Jaha Sutta (U 3.1 @ SD 39.3) [140223]
88. A true saint is unconcerned with the afterlife, Avyakata Sutta (A 7.54 @ SD 40a.11) [140226]

89. Preparing the body and mind for awakening / the 3 trainings. (Ananda) Subha Sutta (D 10 @ [SD 40a.13](#)) [130312]
90. How to cultivate lovingkindness. Karaniya Metta Sutta. (Khp 9 = Sn 1.8 @ [SD 38.3](#)) [140316]
91. The blind men and the elephant. Nana Titthiya Sutta 1 (U 6.4 @ [SD 40a.14](#)) [140319]
92. Past lives and liberation. Vekhanassa Sutta (M 80 @ [SD 40a.15](#)) [140326]
93. Even famous teachers can have wrong views. (Ahita) Thera Sutta (A 5.88 @ [SD 40a.16](#)) [140326]
94. Dependent arising as common experience. (Jati) Paccaya Sutta (S 12.20 @ [SD 39.5](#)) [140323]
95. Awakening through meditation. Atthaka,nagara Sutta (M 52 @ [SD 41.2](#)) [140402]
96. Four ways of meditating for awakening. (Samatha Vipassana) Samadhi Sutta 3 (A 4.94 @ [SD 41.3](#)) [140409]
97. The benefits of solitude. Patisallana Sutta (It 45 @ [SD 41.4](#)) [140416]
98. Anger management and dealing with emotions. Aghata Pativinaya Sutta 2 (A 5.162 @ [SD 39.6](#)) [140413]
99. We become our karma. Samsappaniya Pariyaya Sutta (A 10.205 @ [SD 39.7](#)) [140427]
100. Four modes of progress in terms of samatha and vipassana. (Yuganaddha) Patipada Sutta (A 4.170 @ [SD 41.5](#)) [140423]
101. Methods of overcoming our defilements. Sabbasava Sutta (M 2 @ [SD 30.3](#)) [091011]
102. Spirituality arises naturally with moral virtue. (Dasaka) Cetanakaraniya Sutta (A 10.2 @ [SD 41.6](#)) [140430]
103. The meditative mind keeps Mara away. Makkata Sutta (S 47.4 @ [SD 41.7](#)) [140507]
104. Things to avoid and things to resort to. Sevittabbasevitabba Sutta (M 114 @ [SD 39.8](#)) [140511]
105. Godliness is within us. (Brahmavihara) Subha Sutta (M 99 @ [SD 38.6](#)) [140518]
106. True recluship does not depend on external observances. Cula Assapura Sutta (M 40 @ [SD 41.8](#)) [140521]
107. Prayers do not affect a person's destiny or afterlife. Asibhandhakuputta Sutta (S 42.6 @ [SD 39.9](#)) [140525]
108. Beauty, wealth and power as karmic fruits. (Kamma) Mallika Sutta (A 4.197 @ [SD 39.10](#)) [140525]
109. Comprehending the senses brings awakening. Maha Salayatanika Sutta (M 149 @ [SD 41.9](#)) [140528]
110. What stalls and what expedites our spiritual cultivation. Avarana Nivarana Sutta (S 46.38 @ [SD 41.10](#)) [140604]
111. The true purpose of the holy life. (Brahmacariya) Maha Kotthita Sutta ([A 9.13 @ SD 39.11](#)) [140608]
112. Dependent arising and roots in ignorance. (Avijja) Paccaya Sutta ([S 12.27 @ SD 39.12](#)) [140608]
113. Conditions for the arising of right view. Anuggahita Sutta (A 5.25 @ [SD 41.11](#)) [140611]
114. We love ourselves the most. (Piya) Mallika Sutta (S 3.8 = U 5.1 @ [SD 38.7](#)) [140615]
115. How to love oneself. (Pasenadi) Piya Sutta (S 3.4 @ [SD 38.8](#)) [140615]
116. The best protection is self-protection. Atta Rakkhita Sutta (S 3.5 @ [SD 38.9](#)) [140615]
117. Four kinds of meditators. Samadhi Samapatti Sutta (S 34.1 @ [SD 41.12](#)) [140618]
118. Mental focus overcomes the hindrances. (Satipatthana) Nivarana Sutta (A 9.64 @ [SD 41.13](#)) [140618]
119. The Notion of Ditthi: the nature of doubt, views and right view in early Buddhism. ([SD 40a.1: part 1, part 2, part 3](#)) [140622; 140713; 140727]
120. Meditative attainment is able to shatter mountains. Himavanta Sutta (A 6.24 @ [SD 41.14](#)) [140625]
121. How to strengthen our meditation. (Samadhi) Bala Sutta (A 6.72 @ [SD 41.15](#)) [140702]
122. Five kinds of reality we must all face. Alabbhaniya Sutta (A 5.48 @ [SD 42.1](#)) [140709]
123. The 4 pairs of uncertainties in life. Lokadhamma Sutta 1 (A 8.5 @ [SD 42.2](#)) / Lokadhamma Sutta 2 (A 8.6 @ [SD 42.3](#)) [140716]
124. The perception of impermanence: Sariputta's perception of the Buddha. Upatissa Sutta (S 21 2 @ [SD 42.4](#)) [140723]
125. The perception of impermanence: even the Buddha's decays physically. (Ananda) Jara Sutta (S 48.41 @ [SD 42.5](#)) [140723]
126. The Root of Suffering. Na Santi Sutta (S 1.36 @ [SD 42.6](#)) [140730]
127. The qualities of a streamwinner. Thapati Sutta (S 55.6 @ [SD 42.7](#)). [140806]
128. Purity is not on account of birth or rebirth. Assalayana Sutta (M 93 @ [SD 40a.2](#)) [140810]
129. What to do if we cannot attain concentration. Assaji Sutta (S 22.88 @ [SD 42.8](#)) [140813]
130. Group karma? ([SD 39.1](#)) [140817]
131. How our senses affects our thinking. Yavapalapi Sutta (S 35.248 @ [SD 40a.3](#)) [140824]
132. The characteristics of the 5 aggregates. Arahata Sutta 2 (S 22.77 @ [SD 42.9](#)) [140910]
133. Levels of learning: on the nature and progress of spiritual maturation ([SD 40a.4](#)) [[part 1](#); [part 2 of 1](#), [part 2 of 2](#)] [140914 & 140928]
134. How to meditate on the 5 aggregates. (Anicca) Siha Sutta (S 22.78 @ [SD 42.10](#)) [140917]
135. Does every action has a reaction? Isayo Samuddaka Sutta (S 11.10 @ [SD 39.2](#)) [140921]
136. Do not look down upon the young. Dahara Sutta (S 3.1 @ [SD 42.11](#)) [140924]
137. Even the most powerful must die. (Raja) Jara Marana Sutta (S 3.3 @ [SD 42.12](#)) [140924]
138. 3 kinds of intoxication. Mada Sutta (A 3.39 @ [SD 42.13](#)) [141001]
139. Impermanence, death and success in life. (Mallika Kalakata) Kosala Sutta (A 4.59 @ [SD 42.14](#)) [141008]
140. The training for a true disciple [[part 1](#), [part 2](#)]. Cula Hatthipadopama Sutta (M 24 @ [SD 40a.5](#)) [141012]
141. Even the gods fear impermanence. (Catukka) Siha Sutta (A 4.33 @ [SD 42.15](#)) [141015]
142. We should be both physically and mentally happy. (Dve) Roga Sutta (A 4.157 @ [SD 42.16](#)) [141015]
143. Impermanence of the 5 aggregates and streamwinning. (Anicca) Khandha Sutta (S 25.10 @ [SD 42.17](#)) [141022]
144. Grasping at any notion of self only brings us suffering. Nadi Sutta (S 22.93 @ [SD 42.18](#)) [141022]
145. How Buddhism can succeed, how it can fail [[1 of 4](#), [2 of 4](#), [3 of 4](#), [4 of 4](#)]. Pasadika Sutta (D 29 @ [SD 40a.6](#)) [141026]
146. The "basic set" of the 4 truths. (Khandha) Dukkha Sutta (S 22.104 @ [SD 42.20](#)) [141105]

147. The 4 truths of self-identity. Sakkaya Sutta (S 22.105 @ [SD 42.21](#)) & Sakkaya Panha Sutta (S 38.15 @ [SD 42.21\(1.2\)](#)). [141112]
148. Diligence is both beneficial here and hereafter. (Chakka) Appamada Sutta (A 6.53 @ [SD 42.22](#)) & (Ubho Attha) Appamada Sutta (S 3.17 @ [SD 42.22\(3.2\)](#)) [141119]
149. How to be untroubled by karma. Sabba Kamma Jaha Sutta (U 3.1 @ [SD 39.3](#)) [141116]
150. Do thoughts occur in deep meditation? Nigantha Nataputta Sutta (S 41.8 @ [SD 40a.7](#)) [141123]
151. Diligence is the foremost of wholesome states. (Dasaka) Appamada Sutta (A 10.15 @ [SD 42.23](#)) [26 Nov 2014]
152. Diligence is the foremost of wholesome states (detailed). Saragandha Sutta (S 45.143 @ [SD 42.24](#)) [141203]
153. Kisa Gotami: An early case of psychological defence of denial. ([SD 43.2](#)) [141210]
154. Emotional independence: The first step towards awakening ([SD 40a.8](#)) [141214]
155. Patacara: The woman who lost all whom she loved, but found true happiness. ([SD 43.3](#)) [141217]
156. The first scientist in the Buddha's time? On karma, rebirth, and proper giving. Payasi Sutta (D 23 @ [SD 39.4](#)). [141221]
157. On the demerit of killing and meat-eating. (Majjhima) Jivaka Sutta (M 55 @ [SD 43.4](#)) [141224]
158. The nature of the awakened mind. Cula Vedalla Sutta (M 44 @ [SD 40a.9](#)) [141228]
159. Learning the Dharma for self-mastery. Parihana Sutta (A 10.55 @ [SD 43.5](#)) [141231]
160. On the possibility of overcoming greed, hate and delusion. Salha Sutta (A 3.66 @ [SD 43.6](#)) [150107]
161. The true seeker is not concerned with the afterlife. Avyakata Sutta (A 7.54 @ [SD 40a.11](#)) [150111]
162. Nanda overcomes sexual lust. (Arahatta) Nanda Sutta (U 22 @ [SD 43.7](#)) [150114]
163. Dependent arising as the natural order of things. (Jati) Paccaya Sutta (S 12.20 @ [SD 39.5](#)) [150118]
164. Speculations about survival, the afterlife and nirvana. Pancattaya Sutta (M 102 @ [SD 40a.12](#)) [150125]
165. The true meaning of renouncing the world. (Gahapati) Potaliya Sutta (M 54 @ [SD 43.8](#)) [150121]
166. Mara as our senses. Kassaka Sutta (S 4.19 @ [SD 43.9](#)) [150128]
167. The qualities of a true dhyana meditator. Patilina Sutta (A 4.38 @ [SD 43.10](#)) [150204]
168. Healing through meditation. Gilana Suttas 1-3 (S 46.14-16 @ [SD 43.11](#), [SD 43.12](#), [SD 43.13](#)) [150211]
169. The 10 qualities of an arhat. Ariyavasa Suttas 1 & 2 (A 10.19 & A 10.20 @ [SD 43.14](#) & [SD 43.15](#)) [150225]
170. Silence and the Buddha: spiritual liberation, the limits of language, and the Buddha's wisdom. ([SD 44.1](#)) [[part 1 of 3](#), [part 2 of 3](#), [part 3 of 3](#)] [150311, 150318, 150325]
171. The blind men and the elephant. Nana Titthiya Sutta 1 (U 6.4 @ [SD 40a.14](#)) [150308]
172. Anger management. Aghata Pativinyaya Sutta 2 (A 5.162 @ [SD 39.6](#)) [150315]
173. Recall of past lives not necessary for spiritual liberation. Vekhanassan Sutta (M 80 @ [SD 40a.15](#)) [150322]
174. Even famous teachers can have wrong views. (Ahita) Thera Sutta (A 5.88 @ [SD 40a.16](#)) [150322]
175. The nature of true spiritual solitude. Paviveka Sutta (A 3.92 @ [SD 44.2](#)) [150325]
176. Overcoming fear during solitary practice. Bhaya Bherava Sutta (M 4 @ [SD 44.3](#)) [150401]
177. The Dharma is in our mind. Dhammavihari Sutta 1 & Dhammavihari Sutta 2 (A 5.73 @ [SD 44.4](#) & A 4.74 @ [SD 44.5](#)) [150408]
178. Samatha and Vipassana: what are calm and insight [[part 1 of 2](#); [part 2 of 2](#)]. ([SD 41.1](#)) [150412]
179. True solitude leads to arhathood. Migajala Sutta 1 (S 35.63 @ [SD 44.6](#)) & Migajala Sutta 2 (S 35.64 @ [SD 44.7](#)) [150415]
180. We are our karma. Samsappaniya Pariyaya Sutta (A 10.205 @ [SD 39.7](#)) [150419]
181. Does rebirth take 49 days? [150419]
182. Mental joy of solitude. Sona Kolivisa Theragatha (Tha 632-644 @ [SD 44.8](#)) [150422]
183. The Buddha's breath meditation. Icchanangala Sutta (S 54.11 @ [SD 44.9](#)) [150429]
184. Easy renunciation. Kula Gharani Sutta or Ogalha Sutta (S 9 8 @ [SD 44.10](#)) [150506]
185. 11 ways to awakening. Atthakanagara Sutta [M 52] = Dasama Sutta [S 11.17] @ [SD 41.2](#) [150510]
186. Joy of Dharma fellowship: sangha recollection. Cula Gosinga Sutta (M 31 @ [SD 44.11](#)) [150513]
187. Making the right choices. Sevittabasevitabba Sutta (M 114 @ [SD 39.8](#)) [150517]
188. When the saints go walking. Maha Gosinga Sutta (M 32 @ [SD 44.12](#)) [150520]
189. Balancing calm and insight [1 of 2]. (Samatha Vipassana) Samadhi Sutta 3 (A 4.94 @ [SD 41.3](#)) [150524]
190. Balancing calm and insight [2 of 2]. Patisallana Sutta (It 45 @ [SD 41.4](#)) [150524]
191. How to cultivate wisdom. (Atthaka) Panna Sutta (A 8.2 @ [SD 44.13](#)) [150527]
192. Samadhi and solitude for self-awakening. Jivakambavana Sutta 1 (S 35.160 @ [SD 44.14](#)), Jivakambavana Sutta 2 (S 35.161 @ [SD 44.15](#)) [150603]
193. The 4 modes of meditation practice. (Yuganaddha) Patipada Sutta (A 4.170 @ [SD 41.5](#)) [150614]
194. Asking the right questions. (Dasaka) Uttiya Sutta (A 10.95 @ [SD 44.16](#)) [150617]
195. Prayers do not affect the dead. Asibandhakaputta Sutta (S 42.6 @ [SD 39.9](#)) [150621]
196. The best giving. Devahita Sutta (S 7.13 @ [SD 44.17](#)) [150624]
197. Letting meditation happen. (Dasaka) Cetanakaraniya Sutta (A 10.2 @ [SD 41.6](#)) [150628]
198. Don't monkey yourself. Makkata Sutta (S 47.4 @ [SD 41.7](#)) [150628]
199. Giving to the arhat. Issattha Sutta (S 3.24 @ [SD 44.18](#)) [150708]
200. Qualities of an arhat. (Saddha) Subhuti Sutta (A 11.15 @ [SD 45.1](#)) [150715]
201. Qualities of a master giver. (Pancaka Danaphala) Siha Sutta (A 5.34 @ [SD 45.2](#)) [150722]
202. Five benefits of giving. Dananisamsa Sutta (A 5.35 @ [SD 45.3](#)) [150729]

203. The false person and the true individual. Cula Punnama Sutta (M 110 @ SD 45.4) [150812]
204. The karma of beauty, wealth and power. (Kamma) Mallika Sutta (A 4.197 @ SD 39.10) [150816]
205. Q & A on karma, etc. [180816]
206. Killing what benefits us? Dhananjani Sutta (S 7.1 @ SD 45.5) [150819]
207. Know the senses and awaken. Maha Salayatani Sutta (M 149 @ SD 41.9) [150823]
208. The powerful never learns. (Sappurisasappurisa) Vassakara Sutta (A 4.187 @ SD 45.6) [150826]
209. The part-time “monk” (part 1 of 3). Sela Sutta (M 92 = Sn 3.7 @ SD 45.7a) [150901]
210. The part-time “monk” (part 2 of 3). Sela Sutta (M 92 = Sn 3.7 @ SD 45.7a) [150908]
211. The part-time “monk” (part 3 of 3). Keniya Jatila Vatthu (Mv 1.6.35 @ SD 45.7b) [150908]
212. Freeing the mind. Avarana Nivarana Sutta(S 46.38 @ SD 41.10) [150913]
213. True conversion. (Licchavi) Bhaddiya Sutta (A 4.193 @ SD 45.8) [150915]
214. The true purpose of being faithful. (Brahmacariya) Maha Kotthita Sutta (A 9.13 @ SD 39.11) [150920]
215. Twin benefits of the faithful. (Pancaka) Saddha Sutta (A 5.38 @ SD 45.9) [150922]
216. Conditions for right view. Anuggahita Sutta (A 5.25 @ SD 41.11) [150927]
217. Qualities of a streamwinner. (Sotapattiyanga) Vassa Sutta (S 55.38 @ SD 45.10) [150929]
218. Witnessing the Dharma. Karanapali Sutta (A 5.194 @ SD 45.11) [151006]
219. Theory and practice of meditation. (Satipatthana) Nivarana Sutta (A 9.64 @ SD 41.13) & Samadhi Samapatti Sutta (S 34.1 @ SD 41.12) [151011]
220. Joys of being true Buddhist. Candala Sutta (A 5.175 @ SD SD 45.12) [151013]
221. How to teach Dharma. (Dhamma Desaka) Udayi Sutta (A 5.159 @ SD 46.1) [151018]
222. Deepest faith. (Catukka) Aggappasada Sutta (A 4.34 @ SD 45.13) [151020]
223. Mastering meditation. Himavanta Sutta (A 6.24 @ SD 41.14), (Samadhi) Bala Sutta (A .72 @ SD 41.15) & Vasa Sutta (A 7.38 @ SD 41.16) [151025]
224. When religion fails... (Arahatta) Acela Kassapa Sutta (S 41.9 @ SD 45.14) [151027]
225. Truly seeing the Buddha. (Hatthigamaka) Ugga Sutta (A 8 22 @ SD 45.15) [151103]
226. Dhyana — a summary. Samadhi Samapatti Sutta (S 34.1 @ SD 41 12), Samadhi Mulaka Thiti Sutta(S 34.2 @ SD 41.17 & S 34.3-10 @ SD 41.18-25) [151108]
227. Renunciation — a brief history. Pabbajja: A very short history (SD 45 16) [151110]
228. Three most important things. (Tika) Aggappasada Sutta(It 90 @ SD 45.17) [151117]
229. Reality checks. Alabbhaniya Thana Sutta (A 5 48 @ SD 42.1) [151122]
230. The ocean-like Dharma. Paharada Sutta (A 8 19 2 @ SD 45.18) [151124]
231. How to teach the Dharma. (Dhamma Desaka) Udayi Sutta (A 5.159 @ SD 46.1) [151201]
232. Why be good. (Pacchabhmagamika) Devadaha Sutta (S 22 2 @ SD 46.2) [151208]
233. The 8 uncertainties in life. Lokadhamma Suttas 1 & 2 (A 8.5, A 8.6 @ SD 42.2 & SD 42.3) [151213]
234. Making others ready for Dharma. Dantabhumi Sutta (M 125 @ SD 46.3) [151215]
235. Making others ready for Dharma (SBM). Dantabhumi Sutta (M 125 @ SD 46.3) [151220]
236. Meaning of the Buddha’s death. (Upatissa Sutta, S 21.2 @ SD 42.4 & (Ananda) Jara Sutta, S 48.41 @ SD 42.5) [151227]
237. The qualities of a Dharma worker. (Atthaka) Alam Sutta (A 8.62 @ SD 46.5) [160105]
238. What we do should not harm us. Na Santi Sutta (S 1.34 @ SD 42.6) [160110]
239. A disciple’s training (in brief). Sankhitta (Desita) Dhamma Sutta (A 8.63 @ SD 46.6) [160112]
240. Spiritual training for busy lay followers (SBM). Dhammadinna Sutta (S 55.53 @ SD 46.4) [160117]
241. Qualities of a true healer. Duta Sutta (A 8.16 @ SD 46.7) [160119]
242. Four qualities of a true disciple. (Raja) Naga Sutta (A 4.114 @ SD 46.8) [160126]
243. Five qualities of a true disciple. (Naga) Sota Sutta (A 5.140 @ SD 46.9) [160202]
244. The saints’ faith in the Buddha. Thapati Sutta (S 55.6 @ SD 42 .7) [160124]
245. The speaker that suits his audience. Dhammakathika Sutta (A 4.139 = Pug 4.7 @ SD 46.10) [160216]
246. Properly talking Dharma. Kathavatthu Sutta (A 3.67 @ SD 46.11) [160223]
247. Four ways of answering questions. Panha Vyakarana Sutta (A 4.42 @ SD 46.12) [160301]
248. The arhar’s mind. Assaji Sutta (S 22.88 @ SD 42.8) [160214]
249. Arhat Sutta Puja. Arahata Sutta 2 (S 22.77 @ SD 42.9) [160228]
250. Impermanence of the 5 aggregates. (Anicca) Siha Sutta (S 22 78 @ SD 42.10) [160228]
251. Awakening in this life itself. (Anicca) Cakkhu Sutta (S 25.1 @ SD 16.7) [160306]
252. Dangers of trouble making. Bhandanakaraka Sutta (A 5.212 @ SD 46.13) [160308]
253. Respect the young. Dahara Sutta (S 3.1 @ SD 42.11) [160313]
254. Respect the Dharma. Verahaccani Sutta (S 35.133 @ SD 46.14) [160315]
255. Five qualities of a true disciple (SBM). (Naga) Sota Sutta (A 5.140 @ SD 46.9) [160320]
256. Spiritual criteria for the Dharma. (Dhammavinaya) Gotami Sutta (A 8.53 @ SD 46.15) [160322]
257. The 3 intoxications. Mada Sutta (S 3.39 @ SD 42.13) [160327]
258. The 2 chief disciples’ awakening. Sariputta Moggallana Sutta 1 (A 4 167 @ SD 46.16) & Sariputta Moggallana Sutta 2 (A 4.168 @ SD 46.17) [160329]
259. Schism and harmony. (Ekaka) Sanghabheda Sutta (It 18 @ SD 46.19) & Sanghasamaggi Sutta (It 19 @ SD 46.20) [160412]

260. How a monastic can fail. (Sahampati) Devadatta Sutta (S 6.12 @ SD 46.23) & Bhindi Sutta or Chindi Sutta(S 17.31 @ SD 46.24) [160426]
261. A streamwinner's progress. (Sotapanna) Nandiya Sutta or Nandiya Sakka Sutta (S 55.40 @ SD 47.1) [160503]
262. Don't just pray. (Pancaka) Ittha Sutta or Panca Ittha Dhamma Sutta (A 5.43 @ SD 47.2) [160510]
263. The true individual. Asappurisa Sutta 2 [S 45.26 @ SD 47.3a) [160517]
264. Grasping brings suffering. Nadi Sutta (S 22.93 @ SD 42.18) [160522]
265. Inspiring other to practise Dharma. (Sappurisa) Sikkhapada Sutta (A 4.201 @ SD 47.3b) [160524]
266. The good and the aggregates. (Khandha) Silavanta Sutta (S 22.122 @ SD 47.4) [160531]
267. The learned and the aggregates. (Khandha) Sutavanta Sutta (S 22.123 @ SD 47.5) [160607]
268. Wisdom is best for awakening. Sara Sutta (S 48.55 @ SD 42.19) [160612]
269. Diligent practice. Pamada Vihari Sutta (S 35.97 @ SD 47.6) [160614]
270. The teachers and followers. (Catukka) Dhammakathika Sutta (A 4.139 = Pug 4.7 @ SD 46.10) [160619]
271. Silence is no option. Cora Raja Sutta (S 2.39 @ SD 47.7) [160621]
272. How to know a sutta's age. (1) (Khandha) Dukkha Sutta (S 22.104 @ SD 42.20) (2) (Khandha) Sakkaya Sutta (S 22.105 @ SD 42.21) (3) Sakkaya Panha Sutta [160626]
273. The seven suns. Satta Suriya Sutta (A 7.62 @ SD 47.8) [160628]
274. Diligence the one Dharma. 1. (Chakka) Appamada Sutta (A 6.53 @ SD 42.22)
2. (Ubho Attha) Appamada Sutta (S 3.17 @ SD 42.22(3.2)) 3. (Dasaka) Appamada Sutta (A 10.15 @ SD 42.23) 4. Saragandha Sutta / Sara,gandha Sutta 1-4 (S 45.143 @ SD 42.24) [160710]
275. Dangers to the spiritual life. Umi Bhaya Sutta (A 4.122 @ SD SD 47.9) [160712]
276. Conscious, preconscious, unconscious, subconscious. (SD 17.8a: viññana consciousness) [160724]
277. The fundamental satipatthana. (Satipatthana) Bahiya Sutta [160727]
278. Uttiya and friends. (SD 47.11) [160803]
279. Living in harmony. Phasuvihara Sutta (A 5.105 @ SD 47.12) [160810]
280. Kisa Gotami: An early case of a psychological defence of denial. (SD 43.2) [160814]
281. The urgency of being Buddhist. Accayika Sutta (A 3.91 @ SD 47.13) [160817]
282. Effective communication. Kathavatthu Sutta (A 3.67 @ SD 46.11) [160821]
283. Patacara: the woman who lost everything but found liberation. (SD 43.3) [160828]
284. Even saints get interrupted. (Sariputta) Nirodha Sutta (A 5.166 @ SD 47.15) [160831]
285. Setting a good example. Gavesi Sutta (A 5.180 @ SD 47.16) [160907]
286. Meat-eating and respect for life. (Majjhima) Jivaka Sutta (M 55 @ SD 43.4) [160911]
287. The 3 trainings. Sikkhattaya Sutta 2 (A 3.89 @ SD 47.17) [160914]
288. Strife hinders progress. Bhandanakaraka Sutta (A 5.212 @ SD 46.13) [160918]
289. Dharma with respect. Verahaccani Sutta (S 35.133 @ SD 46.14) [160918]
290. Accepting our wrong. Pankadha Sutta (A 3.90 @ SD 47.18) [160921]
291. The arhat's faculties. (Bahira) Patipanna Sutta (S 48.18 @ SD 47.19) [160928]
292. Pratice and practitioner. Patipatti Sutta 1 & 2 (S 45.31 & S 45.32 @ SD 47.20) [161005]
293. The eight principles of respect (Maha Pajapati). Dakkhina Vibhanga Sutta (M 142 @ SD 1.9) [161016]
294. Criteria for the Dharma-Vinaya. (Dhammavinaya) Gotami Sutta, or, (Maha,pajapati) Ovada Sutta (A 8.53 = Cv 10.5 @ SD 46.15). [161016]
295. Nanda's arhathood. (Arahatta) Nanda Sutta (U 3.2 @SD 43.7) [161023]
296. The true meaning of renunciation. (Gahapati) Potaliya Sutta (M 54 @ SD 43.8) [161113]
297. Mara as our senses. Kassaka Sutta (S 4.19 @ SD 43.9) [161127]
298. The qualities of a true dhyana meditator. Patilina Sutta (A, 4.38 @ SD 43.10) [161211]
299. Three sick saints. Gilana Suttas 1-3 (S 46.14 @ SD 43.11; S 46.15 @ SD 43.12; S 46.16 @ SD 43.13). [170108]
300. An arhat's lifestyle. Ariyavasa Sutta 1 (A 10.19 @ SD 43.14); Ariyavasa Sutta 2 (A 10.20 @ SD 43.15) [170122]
301. Karma and the afterlife (1.1) Background. (SD 48.1) [161019]
302. Karma and the afterlife (2) Mistaken notions (48.1) [161026]
303. Karma and the afterlife (3) The 49 days (SD 48.1) [161102]
304. Karma and the afterlife (4) Dealing with the dead (SD 48.1) [161109]
305. Karma and the afterlife (5.2) Our body and society. (SD 48.1) [161116]
306. Karma and the afterlife (5.3) Individuation. (SD 48.1) [161123]
307. Karma and the afterlife (6) How we are reborn (1 of 3). (SD 48.1) [161130]
308. Karma and the afterlife (6) How we are reborn (2 of 3). (SD 48.1) [161207]
309. Karma and the afterlife (6) How we are reborn (3 of 3). (SD 48.1) [161214]
310. Karma and the afterlife (7) Terminal / bedside counselling. (SD 48.1) [161221]
311. Karma and the afterlife (8) Helping the dead move on (1 of 2). (SD 48.1) [161228]
312. Karma and the afterlife (8) Uruga Jataka (2 of 2). (SD 48.1) [170104]
313. Karma and the afterlife (9) What survives death? (SD 48.1) [170104]
314. Yama and Mara. (Death: an early Buddhist perspective. The significance of death in Buddhist living, with a special reference to "brain death." SD 48.2) [170111]

315. [The Buddha's last moments](#). (Death: an early Buddhist perspective. The significance of death in Buddhist living, with a special reference to "brain death." [SD 48.2](#)) [170118]
316. [An arhat's lifestyle](#). Ariyavasa Sutta 1 (A 10.19 @ [SD 43.14](#)); Ariyavasa Sutta 2 (A 10.20 @ [SD 43.15](#)). [170122]
317. [The 30 monks](#). Timsa Bhikkhu Sutta (S 15 13 @ [SD 48.3](#)) Theme: A word for the wise is enough. (2.1) Better than seeking a woman is to seek the self. (2.2) How the kathina robe-giving was introduced. (2.3) Even the bad can benefit from the Dharma, if they accept it. [170125]
318. [When endearment brings sorrow](#). Visakha (Natta) Sutta (U 8.8 @ [SD 48.4](#)). [170201]
319. [Death with every breath](#). (Atthaka) Maranasati Sutta 1 (A 8.73 @ [SD 48.5](#)). [170208]
320. [Awakening with death](#). (Atthaka) Maranasati Sutta 2 (A 8.74 @ [SD 48.6](#)). [170208]
321. [Silence and the Buddha \(1 of 2\)](#). ([SD 44.1](#)) [170212]
322. [Silence and the Buddha \(2 of 2\)](#). ([SD 44.1](#)) [170226]
323. [Meditation and stasis](#). Kamabhu Sutta 2 (S 41.6 @ [SD 48.7](#)) [170215]
324. [The mind affects all our actions](#). Kutagara Sutta 1 & Kutagara Sutta 2 (A 3.105 & A 3.106 @ [SD 48.8](#)). [170222]
325. [The renunciant's reflections](#). Pabbajita Abhinha Sutta (A 10.48 @ [SD 48.9](#)) [170301]
326. [The 3 divine messengers](#). (Yama) Devaduta Sutta (A 3.35 @ [SD 48.10](#)). [170308]
327. [Seclusion or solitude?](#) Paviveka Sutta (A 3.92 @ [SD 44.2](#)). [170312]
328. [Understanding our make-up](#). (Khandha) Patisallana Sutta (S 22.6 @ [SD 48.13](#)). [170322]
329. [Overcoming fear during solitary practice](#). Bhaya Bherava Sutta (M 4 @ [SD 44.3](#)) [170326]
330. [Unique qualities of the Buddha](#). Maha Sihanada Sutta (M 12 @ [SD 49.1](#)) [170329]
331. [Standing up for Dhamma](#). Cula Sihanada Sutta (M 11 @ [SD 49.2](#)) [170412]
332. [Living dharma in peace](#). Dhammavihari Sutta 1 (A 5.73 @ [SD 44.4](#)) [170409]
333. [Living Dharma in wisdom](#). Dhammavihari Sutta 2 (A 5.74 @ [SD 44.5](#)) [170423]
334. [True solitude](#). [Migajala Sutta 1](#) & [Migajala Sutta 2](#) (S 35.63 & S 35.64 @ [SD 44.6](#) & [SD 44.7](#)) [170423]
335. [Kassapa Buddha and Gotama](#). (Majjhima) Ghatikara Sutta (M 81 @ [SD 49.3](#)) [170503]
336. [How the Buddha found the middle way](#). Maha Saccaka Sutta (M 36 @ [SD 49.4](#)) [170510]
337. [Mental joy of solitude](#). Sona Kolivisa Theragatha (Tha 632 644 @ [SD 44.8](#)) [170514]
338. [Why disciples respect and listen to the Buddha](#). Maha Sakuludayi Sutta (M 77 @ [SD 49.5a](#)). [170517]
339. [Introduction to dhyana \(jhana\)](#). ([SD 49.5b](#) & [SD 15.1](#)) [170524]
340. [The Buddha's own practice](#). Icchanangala Sutta (S 54.11 @ [SD 44.9](#)) (S 54.11 @ [SD 44.9](#)) [170528]
341. [Pingsiya's questions](#). Pingsiya Manava Puccha (Sn 5.17 [Sn 1120-1123] @ [SD 49.6a](#)) [170531]
342. [The way across](#). Parayana Sutta (Sn 5.18 @ [SD 49.6b](#)) [170607]
343. [Even mountains crumble](#). Vepulla Pabbata Sutta (S 15.20 @ [SD 49.7](#)). [170614]
344. [Mahapadana Sutta 1 of 2: the Buddha's lineage](#). Mahapadana Sutta (D 14 @ [SD 49.8a](#); [SD 49.8b](#)) [170621]
345. [How to study the suttas](#). [170625]
346. [Unsullied by the world](#). Kula Gharani Sutta (S 9.8 @ [SD 44.10](#)). [170625]
347. [How to study suttas and what are the benefits](#). [170703]
348. [Why study suttas](#). [170703] (excerpt from video no. 347 above)
349. [The best prayer](#). [170703] (excerpt from video no. 347 above)
350. [All buddhas discover the same truth](#). [170705]
351. [Fellowship and silence](#). Cula Gosinga Sutta (M 31 @ [SD 44.11](#)) [170709]
352. [The Buddha and arhats awaken to the same truth](#). Sambuddha Sutta (S 22.58 @ [SD 49.10](#)) [170712].
353. [The invitation](#). Pavarana Sutta (S 8.7 @ [SD 49.11](#)). [170719]
354. [Personality of saints](#). Maha Gosinga Sutta (M 32 @ [SD 44.12](#)). [170723]
355. [The word of the wise](#). Bahitika Sutta (M 88 @ [SD 49.12](#)). [170726]
356. [Living with wealth and wisdom](#). Sigalovada Sutta part 1 of 3 (D 31 @ [SD 4.1](#)) Download study text: [Happiness here and hereafter](#) (pages 18-43) [170801]
357. [Friends — false and true](#). Sigalovada Sutta part 2 of 3 (D 31 @ [SD 4.1](#)) Download study text: [Happiness here and hereafter](#) (pages 18-43) [170808]
358. [Very old friends](#). Ghatikara Suttas (S 2.24; S 1.50 @ [SD 49.13](#)) [170802]
359. [How to be wise](#). (Atthaka) Pañña Sutta (A 8.2 @ [SD 44.13](#)) [170813]
360. [The 4 noble individuals](#). (Catukka) Samana Sutta (A 4.239 @ [SD 49.14](#)) [170816]
361. [Meditation and solitude](#). Jivakambavana Sutta 1 & 2 (S 35.160+161 @ [SD 44.14](#) + [SD 44.15](#)) [170827]
362. [Asking the right question](#). (Dasaka) Uttiya Sutta (A 10.95 @ [SD 44.16](#)) [170910]
363. [Where giving brings great fruit \(brief\)](#). Devahita Sutta (S 7.13 @ [SD 44.17](#)) [170924]
364. [Where giving brings great fruit \(detailed\)](#). Issattha Sutta (S 3.24 @ [SD 44.18](#)) [170924]
365. [Harvests of faith](#). (Saddha) Subhuti Sutta (A 11.15 @ [SD 45.1](#)) [171008]
366. [True silence](#). (Tika) Moneyya Sutta (A 3.120 @ [SD 49.21](#)) [171004]
367. [True sagehood](#). Muni Sutta (Sn 1.12 @ [SD 49.20](#)) [171011]
368. [Truthfulness and reflection](#). Ambalattika Rahulovada Sutta (M 61 @ [SD 3.10](#)) [171017]
369. [Silent sagehood](#). (Iti) Moneyya Sutta (It 3.2.8 @ [SD 49.22](#)) [171025]
370. [Love and patience solve problems](#). Sundari Sutta. (U 4.8 @ [SD 49.23](#)) [171101]

371. [World and spiritual welfare](#). Dighajanu Sutta (A 8.54 @ [SD 5.10](#)) [171107]
 372. [To have to be to give](#). Dananisamsa Sutta (A 5.35 @ [SD 45.3](#)) [171112]
 373. [Nirvana described \(1 of 2\)](#). Nibbana Patisamyutta Sutta 1 (U 8.1 @ [SD 50.1](#)) [171108]
 374. [Nirvana described \(2 of 2\)](#). Nibbana Patisamyutta Suttas 2 -4 (U 8.2, U 8.3, U 8.4 @ [SD 50.2](#), [SD 50.3](#), [SD 50.4](#)) [171115]
 375. [Gradual Dharma Practice](#). (Abhabba) Tayodhamma Sutta (A 10.76 @ [SD 2.4](#)) [171121]
 376. [False person & true individual](#). Cula Punnama Sutta (M 110 @ [SD 45.4](#)) [171126]
 377. [Karaniya Metta Sutta](#) (Khp 9 = Sn 1.8 @ [SD 38.3](#)). Theme: How to cultivate lovingkindness [171203]
 378. [The 3 faculties of final knowledge](#). (iti) Indriya Sutta (It 3.2.3 @ [SD 50.5](#)). (Tika) Sekkha Sutta (A 3.84 @ SD 50.5(2)) [171206]
 379. [Nirvana as a personal experience](#). (Janussoni) Nibbana Sutta or Nibbuta Sutta (A 3.55 @ [SD 50.6](#)) [171213]
 380. [Sela, Keniya and the Buddha](#). Sela Sutta (M 92 = Sn 3.7 @ [SD 45.7a](#)); Keniya Jatila Vatthu (Mv 1.6.35 @ [SD 45.7b](#)) [180114]

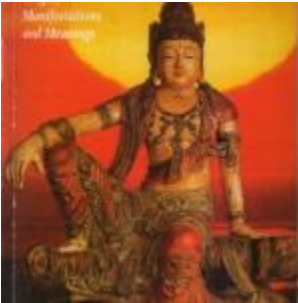
Piya Tan's other works

- [Dharma for the Millions](#)
- [Other Buddhist Books](#)
- [Simple Joys Series](#)
- [Short Articles](#)

Dharma for the Millions

1. [Buddhist Handbook](#)
2. [Say "No" to the evangelists](#)
3. [On being your true self](#)
4. [What not to look for in a religion](#)

Other Buddhist books

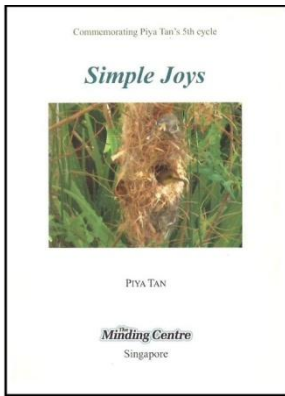


Avalokitesvara: origin, manifestations & meaning by Piyasilo.

1. [The Total Buddhist Work](#) (Piyasilo, 1983)
2. [Avalokitesvara: origin, manifestations & meaning](#) by Piyasilo, 1991a.
3. [Charisma in Buddhism](#) by Piyasilo, 1992h.
4. [The Buddha and His Disciples](#) by Piya Tan, 2004.
5. [History of Buddhism](#): a strategic study by Piya Tan, 2009.
6. [Teaching Methods of the Buddha](#) by Piya Tan, 2002.
7. Background to Buddhism by Piya Tan, 2003.
 - [Contents of Background to Buddhism](#)
 - [BBB 1 World of the Buddha](#)
 - [BBB 2 The Bodhisattva's last meal](#)
 - [BBB 3 How Buddhism was discovered](#)
 - [BBB 4 Why the Buddha hesitated](#)
 - [BBB 5 Seeing the Buddha 1](#)
 - [BBB 6 Seeing the Buddha 2](#)
 - [BBB 7 Light symbolism](#)
 - [BBD1 The Five Precepts](#)
 - [BBD 2 Is there a soul?](#)
 - [BBD 3 Have we met before: a Buddhist perspective on rebirth](#)

Simple Joys Series

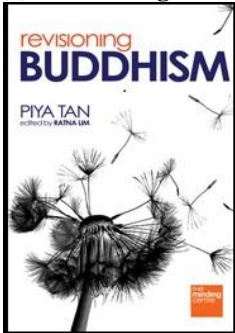
- (1) [Simple Joys](#) by Piya Tan, 2009, 2nd rev 2011.



[download: [Simple Joys by Piya Tan 2nd rev 2011 \(ebook, low resolution, size 783 KB\)](#)]

[download: [Simple Joys by Piya Tan 2nd rev 2011 \(high resolution, size 1553 KB\)](#)]

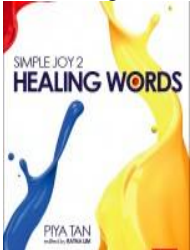
(2) Revisioning Buddhism: an inspired re-look at the Buddha's example and teachings by Piya Tan, 2011.



[Download Revisioning Buddhism Piya Tan, 2011](#)

(3) Simple Joys 2: Healing Words by Piya Tan, 2011.

Free copies of *Simple Joys 2* is available at The Minding Centre. Please call 8211 0879 (Ratna) or email us at: themindingcentre@gmail.com if you are interested. [Download soft copy here.](#)



(4) Simple Joys 3: loving words. By Piya Tan 2013.



Simple Joys 3: loving words

If you wish to have the hard copy, please contact us (email: themindingcentre@gmail.com), hp 8211 0879. (Download soft copy [here](#))

(5) Simple Joys: choice gems 1. By Piya Tan, 2012.

(Download [book cover](#), [contents](#))

Short Articles

1. [The Four Meanings of Inspiration](#) by Piyasilo, 1992 (New Traits Times, Malaysia).

Resources

[Buddhist Meditation Guidebooks](#)

[Dharma Thumb Drive](#)

[Sutta lists & indexes](#)

[Dictionary of Early Buddhism](#)

Buddhist Meditation Guidebooks

Meditation

A Safety Guide

©Piya Tan, 2013

| | |
|----------|---|
| CONTENTS | |
| 1 | Preface |
| 3 | Introduction |
| 4 | 1. Why meditate? |
| 5 | 2. Who should not meditate? |
| 6 | 3. Downside of meditation |
| 8 | 4. Mental cultivation, an art and science. The four qualities of early Buddhist meditation |
| 45 | 5. The 4 kinds of samadhi. Mental concentration, stillness and dhyana |
| 47 | 6. The stages to spiritual liberation. The nature of spiritual solitude |
| 78 | 7. The nature of mental stillness. What is samadhi and how it arises |
| 92 | 8. Nimitta: The mental sign in cognition and meditation. Joy in meditation |
| 107 | 9. The 3 kinds of meditation signs. When is our mind really peaceful? |
| 111 | 10. Dhyana (jhana): The mind fully free from the body |
| 119 | 11. The layman and dhyana: How to awaken without dhyana |
| 149 | 12. The Buddha discovered dhyana: Some misconceptions and clarifications. What does dhyana really mean? Was there dhyana before the Buddha? Does thinking occur in dhyana? How does the mind and the object become "one"? |
| 197 | Bibliography |

Meditation 1: a safety guide.

Meditation 1: A Safety Guide, by Piya Tan (2013)

ISBN: 978-981-07-8585-7, size A4, 220 pp.

A recommended handbook for meditators and seekers.

- **Introduction.** Why meditate? Who should not meditate? Downside of meditation.
- **1 What is meditation?** Personal development and mental cultivation.
- **2 The 4 kinds of samadhi.** Mental concentration, stillness and dhyana.
- **3 The stages to spiritual liberation.** The nature of spiritual solitude.
- **4 The nature of mental stillness.** What is samadhi and how it arises.
- **5 Nimitta:** The mental sign in cognition and meditation. Joy in meditation.
- **6 The 3 kinds of meditation signs.** When is our mind really peaceful?
- **7 Dhyana (jhana):** The mind when it is fully free from the body.
- **8 The layman and dhyana:** How to awaken without dhyana.
- **9 The Buddha discovered dhyana:** Some misconceptions and clarifications. What does dhyana really mean? Was there dhyana before the Buddha? Does thinking occur in dhyana? How does the mind and the object become "one"?
- **10 Bibliography**

Price

In Singapore: S\$20.00 (self-collection); \$25.00 (by post).

Outside Singapore (incl Malaysia & Brunei): \$43.00 (by airmail).

Outside Singapore (except Malaysia & Brunei): S\$28.00 (by surface mail).

How to order:

1. By cheque. Please issue cheques in the favour of "**The Minding Centre**" and send to: Pali House, Blk 248, #08-50, Jurong East St 24, Singapore 600248; or
2. By ibanking. Please transfer the amount to "**The Minding Centre**" OCBC current account. Account No. 533-727-814001; or
3. By PayPal. Please [click here](#), and donate for the book, or
4. By cash. Please drop in at "**The Minding Centre**" on Wednesday evenings. For other date/time, please email: themindingcentre@gmail.com or call 82110879 (speak to Ratna).

Meditation

A Skills Guide

Overcoming the mental hindrances
©Piya Tan, 2014

| | |
|----------|---|
| CONTENTS | |
| 1 | Preface |
| 3 | Introduction |
| 4 | 1. Overcome the mental hindrances. The 5 barriers to mental focus and habits that weaken wisdom; how to break through them. |
| 20 | 2. Karaniya Metta Sutta for unattachment. The 1 st of the 4 great suttas |
| 52 | 3. (Prajna) Samadhi Sutta (S 4.8). The 2 nd of the 4 great suttas |
| 89 | 4. (Vijaya) Ill will. The 3 rd of the 4 great suttas |
| 91 | 5. Karaniya Metta Sutta (Khp 9 = Sn 1.8). How to cultivate unconditional love. |
| 106 | 6. (Thina,middha) Sloth and torpor. The 4 th of the 4 great suttas |
| 119 | 7. (Thina,middha) Tissa Sutta (S 22.84). Drowsiness can be overcome by insight. |
| 138 | 8. (Uttarakammani) Restlessness and remorse. The 5 th of the 4 great suttas |
| 157 | 9. (Vibhanga) Spiritual doubt. The 1 st of the 3 great suttas |
| 158 | 10. (Nivana Pahana) Vagga (A 1.2.1-10). The 5 mental hindrances: their causes and ending. |
| 165 | 11. (Vitakka) Distractions during meditation. |

Meditation 2: a skills guide.

Meditation 2: A Skills Guide, by Piya Tan (2014)

ISBN: 978-981-09-0617-7, size A4, 176 pp.

A recommended handbook for meditators.

- **Introduction.**
- **(1) The 5 mental hindrances.** The 5 barriers to mental focus and habits that weaken wisdom; how to break through them.
- **(2) Negative desire.** How the senses work and how they can work for us.
- **(3) Lust** and how to overcome it.
- **(4) Ill will** and negative emotions hinder personal progress: how to overcome them.
- **(5) Karaniya Metta Sutta (Khp 9 = Sn 1.8).** How to cultivate unconditional love.
- **(6) Sloth and torpor.** Mustering effort and energy in our minds.
- **(7) (Thina,middha) Tissa Sutta (S 22.84).** Drowsiness can be overcome by insight.
- **(8) Restlessness and remorse:** Not letting our past control us; keeping the future where it is.
- **(9) Doubt:** Why we lack confidence and how to build it up.
- **(10) Nivana Pahana Vagga (A 1.2.1-10).** The 5 mental hindrances: their causes and ending.
- **(11) Vitakka Santhana Sutta (M 20).** How to overcome distractions during meditation.

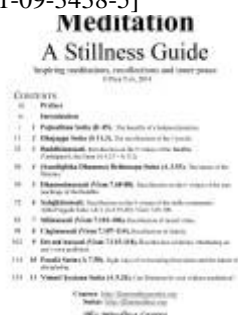
Price:

In Singapore: S\$20.00 (self-collection); \$25.00 (by post).
 Outside Singapore (incl Malaysia & Brunei): \$43.00 (by airmail).
 Outside Singapore (except Malaysia & Brunei): S\$28.00 (by surface mail).

How to order:

1. By cheque. Please issue cheques in the favour of “**The Minding Centre**” and send to: Pali House, Blk 248, #08-50, Jurong East St 24, Singapore 600248; or
2. By ibanking. Please transfer the amount to “**The Minding Centre**” OCBC current account. Account No. 533-727-814001; or
3. By PayPal. Please [click here](#), and donate for the book; or
4. By cash. Please drop in at “**The Minding Centre**” on Wednesday evenings. For other date/time, please email: themindingcentre@gmail.com or call +65 8211 0879 (speak to Ratna).

Meditation 3: A Stillness Guide – *inspiring meditations, recollections and inner peace* by Piya Tan (2014). [ISBN 978-981-09-3438-5]



[Contents & imprint page.](#)

[Preface.](#)

[Introduction.](#)

For price, mode of payment and order, please refer to *Meditation 2* above.

Dharma Drive (USB thumb drive)

Make this a gift to a monastic or someone who needs it

The Living Word of the Buddha

The Buddha's Teachings in the Earliest Texts

The Sutta Discovery series by Piya Tan, beginning in 2002, and still going on.

The most direct way to learn Buddhism is to read and live the Pali suttas which contains some of the oldest records we have of the Buddha's teachings. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you learn how **to learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies will be made between the Pali, Sanskrit and Chinese (Agama) versions of the suttas. If you can read this message, you are ready to study the Sutta translations. No deep knowledge of Buddhism is needed. [Read on for... [20 reasons for the SD series.](#)]



Portable Dharma – easy dharma learning wherever you are

The drive contains Sutta Discovery vols 1 to 49a (pdf), sutta teachings (MP3 recordings) & books by Piya Tan.

To make an order (by donation), please email: themindingcentre@gmail.com, or call Ratna

Weekly Reflections

Piya Tan's weekly reflections celebrates the love and wisdom that pervades the whole of the Buddha's teaching. These weekly reflections started in 2007, now total over 400. Most of the reflections are collected and published in the popular series: [Simple Joys](#), which is an on-going “book of life.”

The weekly reflections have been inspired by the joys and sorrows of those Piya is in touch with.

To receive the Weekly Reflections, please email us: dharmafarer@gmail.com.

- [Inspirations](#)
- [Revisioning Buddhism](#)
 - [Revisioning Buddhism 2018](#)
- [Singapore Fables](#)
- [Reflections in Chinese](#)
- [INDEX of Reflections 2016 \(pdf\)](#)
- [FULL LIST of Reflections 2007-2016 \(PDF\)](#)

Inspirations

WEEKLY REFLECTIONS • INSPIRATIONS • HEALING WORDS • SELF-HELP:

- (R479) [The 33](#) (181121)
- (R578) [Many, one, none](#) (181114)
- (R575) [The love precepts](#) (181024)
- (R572) [A child's awakening](#) (181003)
- (R571) [How to see the 5 aggregates](#) (180926)
- (R570) [Feel good or be better?](#) (180919)
- (R569) [Why impermanence?](#) (180912)
- (R568) [The teacher's shadow](#) (180905)
- (R566) [Piya Supina \(a loving dream\)](#) (180822)
- (R565) [Better wrong, then right](#) (180815)
- (R564) [Ordinary saints](#) (180808)
- (R562) [GOD — Gift of Dhamma](#) (180725)
- (R561) [Rise and fall](#) (180718)
- (R557) [Anyone can read minds](#) (180620)
- (R556) [The thieves](#) (180613)
- (R555) [An empty plate](#) (180606)
- (R552) [Blessed Mother's Day](#) (180516)
- (R551) [Do bad mindfully](#) (180509)
- (R550) [The Buddha's life as myth](#) (180502)
- (R549) [A pillar of faith](#) (180425)
- (R548) [Past good](#) (180418)
- (R539) [Cookie tale](#) (180214)
- (R538) [Narcissus](#) (180207)
- (R537) [Living joy](#) (180131)
- (R536) [What can we really know?](#) (180124)
- (R535) [Creativity](#) (180117)
- (R534) [Spirituality](#) (180110)
- (R533) [2018: Turn on the lights](#) (180103)
- (R532) [Love, Dean](#) (171227)
- (R531) [Turning around](#) (171220)
- (R524) [Humour me](#) (171101)
- (R519) [Don't be my past](#) (170927)
- (R518) [No pain is really worth suffering](#) (170920)
- (R517) [Dish-washing](#) (170913).
- (R514) [When we lose a beloved](#) (170823)
- (R513) [Growing old and up](#) (170816)
- (R512) [Good is better](#) (170809)
- (R504) [Meaning and purpose of life](#) (170614)
- (R503) [Answer for good](#) (170607)
- (R501) [Mindfulness and time](#) (170524)
- (R500) [About time](#) (170517)
- (R499) [Historical day](#) (170510)
- (R495) [Toying with views](#) (170412)
- (R490) [Touched by Dharma](#) (170301) .
- (R487) [The joy of meditation \(2 of 2\)](#) (170208)
- (R486) [The joy of meditation \(1 of 2\)](#) (170201)
- (R485) [How do we know we have awakened?](#) (170125)
- (R484) [Why we can't define nirvana](#) (170118)
- (R482) [The 7 true blessings](#) (170104)
- (R481) [Free love](#) (161228)
- (R479) [Soulmates](#) (161214)
- (R475) [Spiritual bypass \(2 of 2\)](#) (161116)
- (R474) [Spiritual bypass \(1 of 2\)](#) (161109)
- (R473) [To be free, bond](#) (161102)
- (R472) [Perfect timing](#) (161026)
- (R465) [The joy of Dharma](#) (160907)
- (R457) [Letting go](#) (160712)
- (R455) [Having and being](#) (160628)
- (R453) [What can Buddhism do for me?](#) (160614)
- (R452) [True prayer](#) (160607)
- (R449) [The quest for meaning](#) (160517)
- (R448) [The Sub-Sub-librarian](#) (160510)
- (R446) [Time-space in meditation](#) (160426)
- (R445) [God is a question](#) (160419)

- (R443) [Mind-body rules](#) (160405)
- (R442) [Awaken in this life \(A spiritual exercise\)](#) (160329)
- (R439) [Failing and imagining](#) (160308)
- (R438) [The little that we know](#) (160301)
- (R435) [The poet's wisdom](#) (160209)
- (R434) [The inward journey](#) (160202)
- (R433) [True to all faith](#) (160126)
- (R431) [Free genius](#) (160112)
- (R429) [The good in all](#) (151229)
- (R428) [Boundless love](#) (151222)
- (R398) [This moment forever](#) (150527)
- (R408) [Upside-down poem](#) (150805)
- (R409) [When the sitting gets tough](#) (150812)
- (R415) [The dream](#) (150922)
- (R416) [Toilet training](#) (150929)
- (R417) [Bad can be good](#) (151006)
- (R419) [The Artist](#) (151020)
- (R422) [Through the dark night](#) (151110)
- (R423) [Sweet sorrow](#) (151117)
- (R427) [What the hell](#) (151215)
- (R394) [Four questions](#) (150429)
- (R393) [The child we still are](#) (150422)
- (R385) [What's that?](#) (150225)
- (R384) [Self-compassion](#) (150218)
- (R381) [Dharma trains](#) (150128)
- (R379) [The 24 Elements](#) (150114)
- (R378) [The Supreme Worship](#) (150107)
- (R377) [The Buddha's voice](#) (141231)
- (R376) [Let the moment seize us](#) (141224)
- (R374) [Lay living Dharma](#) (141210)
- (R371) [Read-ready](#) (141119)
- (R369) [How to enjoy life](#) (141105)
- (R368) [Starry night](#) (141029)
- (R366) [Very basic Buddhism](#) (141015)
- (R362) [I will wait for you](#) (140917)
- (R361) [On turning 65](#) (140910)
- (R360) [Don't try to stop changing](#) (140903)
- (R358) [Live, love, learn](#) (140820)
- (R357) [To those we've lost](#) (140813)
- (R355) [The Great Gatsby](#) (140730)
- (R353) [How to \(k\)now](#) (140716)
- (R352) [Middlemarch](#) (140709)
- (R351) [Chasing the white whale](#) (140702)
- (R350) [Live to love](#) (140625)
- (R346) [Who's talking now?](#) (140428)
- (R345) [Playing dead](#) (140521)
- (R344) [The one that I feed](#) (140514 Vesak Reflection)
- (R340) [What religion?](#) (140416)
- (R339) [No need to give up our faith](#) (140409)
- (R338) [Fear not](#) (140402)
- (R337) [A failure, am I?](#) (140326)
- (R335) [Replicators](#) (140312)
- (R326) [Why am I me?](#) (140108)
- (R325) [How to write a reflection](#) (140101)
- (R324) [Breathe Dharma](#) (131225)
- (R323) [Present being](#) (131218)
- (R322) [Schadenfreude](#) (131211)
- (R321) [Can I help?](#) (131204)
- (R320) [Still centre](#) (131127)
- (R305) [Causes and conditions](#) (130814)
- (R306) [More than human](#) (130821)
- (R308) [The hanging man](#) (130904)
- (R309) [Waltzing Matilda for Buddha](#) (130918)
- (R312) [Only the heart can truly see](#) (131002)
- (R313) [Value of loss](#) (131009)

- (R314) [Do I know you?](#) (131016)
- (R316) [Sex change](#) (131030)
- (R317) [The 3 D's & beyond](#) (131106)
- (R318) [Tough love](#) (131113)
- (R304) [Love never loses](#) (130807)
- (R303) [Learning bad](#) (130731)
- (R302) [Cost of living](#) (130724)
- (R301) [Time is love](#) (130717)
- (R300) [Meditate, naturally](#) (130710)
- (R297) [The last leaf](#) (130619)
- (R295) [True genius](#) (130605)
- (R293) [Belief limits, wisdom frees](#) (130522)
- (R290) [Work and life](#) (130501)
- (R289) [Freeing pain](#) (130424)
- (R267) [New clothes and nakedness](#) (121121)
- (R268) [Looking for love](#) (121128)
- (R274) [Accept yourself, reject your self](#) (130109)
- (R275) [Dance like nobody's watching](#) (130116)
- (R276) [Knowledge limits](#) (130123)
- (R278) [Sad is not really bad](#) (130206)
- (R280) [The artist's suffering](#) (130220)
- (R282) [To love is to learn](#) (130306)
- (R285) [Silent sunny spaces](#) (130327)
- (R287) [Married to Dharma](#) (130410)
- (R265) [What's the question, that's the answer!](#) (121107)
- (R264) [Animal emotions](#) (121031)
- (R262) [Not by food alone](#) (121017)
- (R258) [Still ahead](#) (120919)
- (R256) [When self-love is good](#) (120905)
- (R254) [From love must come wisdom](#) (120822)
- (R251) [Superstition](#) (120801)
- (R250) [Suffering servant](#) (120725)
- (R249) [Let your hair down](#) (120718)
- (R247) [Change please!](#) (120627)
- (R245) [Self-destruct or self-construct?](#) (120620)
- (R242) [None are so](#) (120530)
- (R241) [We got class](#) (120523)
- (R240) [Mother tree](#) (120516)
- (R237) [Now is the moment](#) (120425)
- (R235) [Stop, thinking! Welcome, feeling!](#) (120411)
- (R233) [Please blow my balloon](#) (120328)
- (R231) [Even a donkey can be wise](#) (120314)
- (R230) [Everything is beautiful – really?](#) (120307)
- (R228) [Minding change, changing mind](#) (120222)
- (R227) [Driving Meditation](#) (120215)
- (R226) [Truly renouncing](#) (120208)
- (R225) [Falling in love, staying in love](#) (120201)
- (R224) [True Aspirations](#) (120125)
- (R223) [Buddhism Sets You Free](#) (120118)
- (R222) [Power Mode, Love Mode](#) (120111)
- (R221) [Being Everything to Everyone](#) (120104)
- (R218) [Buddhist love training](#) (111214)
- (R214) [Stumbling blocks to stepping stones](#) (111116)
- (R213) [Your mind use it or lose it](#) or Preventing dementia (111109)
- (R212) [When nobody seems to care](#) (111102)
- (R211) [I think I know](#) (111026)
- (R210) **Revolution!** (111019)
- (R209) **Don't tell me** (111012)
- (R208) [True individual](#) (111005)
- (R207) [Write words](#) (110928)
- (R206) [Awakening moments](#) (110907), German: [Aufruettelnde momente](#)
- (R205b) [Keep what you cannot lose](#) / Give what you cannot lose (110831)
- (R205a) [Just be good](#) (or why Pascal is wrong) (110824)
- (R204) [Man the unfinished](#) (110817)
- (R203) [The greatest creator](#) (110810)

- (R202) [Believable Fiction](#) (110803)
- (R201) [Hearing Voices](#) (110727)
- (R199) [Religion Without Words](#) (110720)
- (R197) [Joy as food](#) [Previous title: Not by food alone, but by joy, too] (110713)
- (R195) [We are the world](#) (110629)
- (R194) [To see beyond Buddhism](#) (110622)
- (R193) [Thoughtless meditation](#) (110615)
- (R190) [New lamps for old?](#) (110525)
- (R189) [Small change](#) (110518)
- (R188) [The Most Beautiful Sunset](#) (110511)
- (R186) [Wish I knew you better](#) (110420)
- (R184) [Making the same mistake?](#) (110406)
- (R181) [Three things to be grateful for](#) (110323)
- (R180) [Emotional independence?](#) (110316)
- (R179) [The Buddha and Prometheus](#) (110309)
- (R178) [Let the dead bury their dead](#) (110302)
- (R176) [Listen to yourself](#) (110216)
- (R175) [Secret relationships](#) (110209)
- (R174) [Holiday, holy day](#) (110202)
- (R173) [God's temple is within us](#) (110126)
- (R172) [Real Buddhists are countless](#) (110119)
- (R171) [Road less travelled](#) (110112)
- (R168) [To believe, to know, to feel](#) (101222)
- (R167) [Prayer without words](#) (101215)
- (R166) [To have or to be](#) (101208)
- (R164) [Every thing, everything](#) (101124)
- (R163) [Being present](#) (101117)
- (R162) [Truly professional](#) (101110)
- (R161) [Close your eyes, see better](#) (101103)
- (R160) [Lovingkindness](#) (101023)
- (R157) [Tikkun olam](#) (Repair the World) (101006)
- (R156) [Looking but not seeing](#) (100926)
- (R154) [The 'I' of the storm](#) (100915)
- (R153) [More than words can say](#) (100908)
- (R148) [The greatest love](#) (100811)
- (R147) [Moved by the Dharma](#) (100804)
- (R143) [Ways of knowing](#) (100707)
- (R141) [It's a joke](#) (100623)
- (R140) [Stories we live by](#) (100616)
- (R139) [Just you wait](#) (100609)
- (R138) [Free thinking](#) (100602)
- (R137) [A choice Vesak](#) (100526)
- (R133) [Truly beautiful mind](#) (100421)
- (R132) [The Buddha smile](#) (100414)
- (R131) [Why something rather than nothing?](#) (100407)
- (R130) [Dharma is music to the Ear](#) (100331)
- (R123) [How to be creative](#) (100210)
- (R122) [Don't own the Pain](#) (100203)
- (R121) [Shadow and light](#) (100127)
- (R120) [A truly purposeful life](#) (100120)
- (R119) [Living Buddhism](#) (100113)
- (R117) [To a listening year 2010](#) (091230)
- (R116) [Helping one another in faith](#) (091223)
- (R115) [Worlds of our own](#) (091216)
- (R114) [The mouths are moving](#) (091209)
- (R112) [Does the Buddha have feelings?](#) (091125)
- (R109) [Living well, dying well](#) (091111)
- (R105) [The seven wonders](#) (091021)
- (R104) [Story of a butterfly](#) (091014)
- (R103) [Do we really know what we are saying?](#) (091007)
- (R102) [Religion can be bipolar](#) (090930)
- (R101) [Compassion or gratitude?](#) (090923)
- (R100) [How to Address a Teacher](#) (090916)
- (R99) [As If](#) (090909)
- (R98) [From born to not born again](#) (R98 090902)

- (R97) [Who are the hungry ghosts?](#) (090826)
- (R96) No pain, no gain / [Why suffering ?](#) (090819)
- (R95 /RB2) [Becoming human: it's easier than you think](#) (090812)
- (R94) [Buddhism Goes Beyond God and Religion](#) (090805)
- (R93 / RB1) [Modern monastics?](#) (090729)
- (R92) [All views are wrong views](#) (090722)
- (R91) [same as R90]
- (R90) [Suttas and marriage](#) / Suttas, Pali & chanting (090715)
- (R89) [To live is to feel](#) (090708)
- (R88) [Degree of happiness](#) (090701)
- (R87) [How self-healing works](#) (090624)
- (R86) [Talking bad about Buddhism](#) (090617)
- (R85) [Modernize the Buddha's teaching?](#) (090610)
- (R84) [Not by works alone](#) (090603)
- (R83) [All the world's a stage](#) (090527)
- (R82) [The sunbird & free will](#) (090520)
- (R81) [What Vesak means to me](#) (090509)
- (R79) [Learn to say NO](#) (090429)
- (R78) [Meme](#) (that's "me, me" always!) (090422)
- (R77) [What is given is not lost](#) (090415)
- (R76) [So you want to kill yourself?](#) (090408)
- (R75) [Timelessness and meditation](#) (090401)
- (R74) [Something to sit on](#) (090325)
- (R73) [The Horse's Teeth](#) (090318)
- (R72) [It's Okay to Have a Big Ego](#) (090311)
- (R71) [Two kinds of pain](#) (090304)
- (R70) [Making sense of things](#) (090225)
- (R69) [Is Buddhism a religion, a philosophy, or what?](#) (090218)
- (R68b) [Bowing](#) (090211)
- (R67b) [Dogmas](#) (090204)
- (R68a) [Animals Go To Heaven](#) (090121)
- (R67a) [The 8 winds of life](#) (090114)
- (R66) [Unconditional Love](#) (090107)
- (R63) [God is love and more](#) (081224)
- (R62) [Nothing is Worth Clinging to](#) (081217)
- (R52) [Why Buddhism is boring \(for some\)](#) (081015)
- (R53) [Lesson from a flower](#) (081022)
- (R54) [Go forth](#) / The Great Commission (to Firefly Mission, 081023)
- (R55) [Buddhist prophecies for our times](#) (081029)
- (R56) [Opening our eyes to the Dharma](#) (081105)
- (R57) [My true-hearted friend](#) (081112)
- (R68) [Lovingkindness is simply healing](#) (081119)
- (R59) [Questions that answer](#) (081126)
- (R60) [Getting the best from your mind](#) (081203)
- (R61) [Be a Dharma Heir](#) (081210)
- (R51) [Will the world end in 2012?](#) (081008)
- (R50) [The chickduck](#) (081001)
- (R49) [The Five Precepts Are Universal](#) (080924)
- (R48) [How Mindfulness Strengthens Us](#) (080917)
- (R47) [Ways of enjoying your wealth](#) (080910)
- (R45) [The laity and monastic](#) (080903)
- (R44) [Unchained peace](#) (080820)
- (R43) [How the Bible made me a better Buddhist](#) (080813)
- (R42) [Meditation goes beyond the brain](#) (080806)
- (R41) [Bus-ride to Nirvana](#) (080730)
- (R33) [Translating suttas is very enjoyable](#) (080430)
- (R35) [Two kinds of people](#) (080521)
- (R34) [Vesak aspirations](#) (080514)
- (R26) [The temple of God is within us](#) (080305)
- (R27) [Buddhism with feeling](#) (080312)
- (R30) [Buddha Dharma is for all religions](#) (080401)
- (R31) [Buddhism is about patterns](#) (080316)
- (R46) [Effective listening](#) (080409)
- (R32) [Who really is guanyin?](#) (080423)
- (R21) [The true relics are the early suttas](#) (080124)

- (R29) [Say yes, say no, be silent](#) (080326)
- (R25) [The best stories are unfinished](#) (080227)
- (R24) [When love is truly blind](#) (080220)
- (R17) [Buddha and “Allah”](#) (080102)
- (R18) [Failure and pain](#) (080109)
- (R19) [The Buddha reaches to all](#) (080116)
- (R28) [The Dharma is still with us](#) (080319)
- (R27) [Buddhism with feeling](#) (080123)
- [Phra Khru Ba Neua Chai, a true “social worker”](#) (080113)
- (R23) [The Clear light of Dharma](#) (080213)
- (R40) [Love is](#) (080716)
- (R15) [Wishing Buddhists “Merry Christmas”?](#) (071219)
- [Religious arrogance and spiritual openness \(071107\)](#)
- (R39) [Minima kopi-lah!](#) (080209)
- [Hindrance to spiritual progress \(070919\)](#)
- (R37) [Buddhism is as easy as walking \(a parable\)](#) (080618)
- (R65) [Life’s 3 highest priorities](#) (081231)
- (R64) [25 December Buddhist Renewal Day](#) (081226)
- (R11) [Has the Dharma come to Singapore?](#) (071126)
- (R10) [same as R9]
- (R9) [Money and monastics](#) (071114)
- (R8) [False “false monastics” and true “false monastics”](#) (071031)
- (R7) [The ghosts among us](#) (071017)
- (R6) [Keep Buddhism simple—and effective](#) (071010)
- (R5) [Failure and giving up](#) (070926)
- (R4) [Self-discovery through sutta study](#) (080704)
- (R3) [What is the most difficult thing to give up?](#) (070228)
- (R2) [Let go of the I](#) (070204)
- (R1) [Forewarned, forearmed](#) (for some) (070106)

Revisioning Buddhism

An inspired re-look at the Buddha’s Example and Teachings

These weekly reflections are mostly inspirational by nature. Occasionally, Piya Tan writes open, reflective critiques of the social and religious realities of Buddhism today. The language here are likely to be free-ranging, and the ideas sometimes challenging.

For the latest: [Revisioning Buddhism 2018](#)

- (R530) [Real dangers of meditation](#) (171213)
- (R529) [Correcting the Buddha?](#) (171206)
- (R528) [Cyber Dharma](#) (171129)
- (R527) [The Disruptors 2 of 2](#) (171122)
- (R526) [The Disruptors \(1 of 2\)](#) (171115)
- (R525) [Mara’s theology](#) (171108)
- (R523) [How we form views](#) (171025)
- (R522) [Meeting the sphinx](#) (171018)
- (R521) [A wishing cow](#) (171011)
- (R520) [Knowledge limits](#) (171004)
- (R516) [Only suffering and its ending—Yes!](#) (170906)
- (R515) [Our 4-in-1 mind](#) (170830)
- (R511) [Individuation](#) (170802)
- (R510) [How we form views](#) (170726)
- (R509) [Animal farm](#) (170719)
- (R508) [Get the real thing](#) (170712)
- (R507) [Lineage or community](#) (170705)
- (R506) [The Buddha’s wager](#) (170628)
- (R505) [Ali Baba and Buddhism](#) (170621)
- (R502) [Accessibility](#) (170531)
- (R498) [Awakening and nirvana](#) (170503)
- (R497) [True suffering](#) (170426)
- (R496) [The Buddha’s two awakenings?](#) (170419)
- (R494) [Hell robots?](#) (170329)
- (R493) [Nirvana: space and time](#) (170322)
- (R492) [Living Truth](#) (170315)
- (R491) [Beautifully true](#) (170308)
- (R489) [Does Buddhism have conscience? \(2 of 2\)](#) (170222)
- (R488) [Does Buddhism have conscience? \(1 of 2\)](#) (170215)
- (R483) [Why good people go bad](#) (170111)

- (R480) [Rituals and vows](#) (161221)
- (R478) [Translating challenges](#) (161207)
- (R477) [I, Borg](#) (161130)
- (R476) [Consciousness is everywhere](#) (161123)
- (R471) [Guru gaga](#) (161019)
- (R470) [Sexuality and awakening](#) (161012)
- (R469) [Farewell Leonard Wong](#) (161005)
- (R468) [The price of joy](#) (160928)
- (R467) [Safe bets](#) (160921)
- (R466) [Crying real wolves](#) (160914)
- (R464) [Why the hell?](#) (160831)
- (R463) [The conqueror's cage](#) (160824)
- (R462) [Freeing Buddhism from words](#) (160817)
- (R461) [Faith in fiction and fact](#) (160810)
- (R460) [The spoon and the soup](#) (160803)
- (R459) [Conscious, preconscious, unconscious, subconscious](#) (170727)
- (R458) [Ancient wisdom, modern idiom](#) (160719)
- (R456) [The invisible Buddha](#) (160705)
- (R454) [When we do something bad](#) (160621)
- (R451) [Don't just be a fan, be cool yourself!](#)(160531)
- (R450) [Parallel universes](#) (160524)
- (R447) [McMindfulness](#) (160503)
- (R444) [Hard questions](#) (160412)
- (R441) [Karma as teacher](#) (160322)
- (R440) [Does Buddhism matter?](#) (160315)
- (R437) [Believing nothing](#) (160223)
- (R436) [The prophet](#) (160216)
- (R432) [A living commentary](#) (160119)
- (R430) [Spiritual streaming](#) (160105)
- (R426) [The three turnings of the wheel](#) (151208)
- (R425) [Why Buddhist?](#) (151201)
- (R424) [Moneytheism](#) (151124)
- (R421) [Pain in stone](#) (151102)
- (R420) [Family history](#) (R420 151027)
- (R418) [Feeling meditation](#) (151013)
- (R414) [Streamwinning in this life](#) (150915)
- (R413) [Is dhyana possible?](#) (150908)
- (R412) [Personal and bold](#) (150901)
- (R411) [How the Buddha awakened](#) (150826)
- (R410) [When God helped](#) (150819)
- (R407) [Religion as illusion](#) (150729)
- (R406) [Pious fiction](#) (150722)
- (R405) [Infatuation](#) (150715)
- (R404) [Harlequin effect](#) (150708)
- (R403) [The way to true awakening](#) (150701)
- (R402) [How Buddhism was edited](#) (150624)
- (R401) [From preta to hungry ghost](#) (150617)
- (R400) [Buddhism and mental illness](#) (150610)
- (R399) [The world in our hand](#) (150603)
- (R397) [Our one true refuge](#) (150520)
- (R396) [Good and right](#) (150513)
- (R395) [Right moves](#) (150506)
- (R392) [Dharma retreat](#) (150415)
- (R391) [Non-sectarian](#) (150408)
- (R390) [Buddha, one and only](#) (150401)
- (R389) [Kind of right](#) (150325)
- (R388) [Buddha, man, God](#) (150318)
- (R387) [Believing makes it true?](#) (150311)
- (R386) [Dharma moves](#) (150304)
- (R383) [Flowers for Algernon](#) (150211)
- (R382) [Bodhisattva Ever-weeping](#) (150204)
- (R380) [Why early rather than late](#) (150121)
- (R375) [Natural Buddhism, supernatural Buddhism](#) (141217)
- (R373) [Grow more brain](#) (141203)
- (R372) [Discovered dharma, invented Dharma](#) (141126)

- (R367) [Back to Buddha](#) (141022)
- (R365) [The Body Parts](#) (141008)
- (R364) [Leaving church](#) (141001)
- (R363) [On religion, off religion](#) (140924)
- (R359) [Investments](#) (140827)
- (R356) [Know what we believe](#) (140806)
- (R354) [How Buddhism was invented](#) (140723)
- (R349) [Why rituals should be abandoned](#) (140618)
- (R348) [Wanderers of today](#) (140611)
- (R347) [Buddhism without Buddha?](#) (140604)
- (R343) [Buddhism for real](#) (140507)
- (R342) [Be Buddhist, not a Buddhist](#) (140430)
- (R341) [Twitter brain](#) (140423)
- (R336) [Ceteris paribus](#) (140319)
- (R334) [Untitled](#) (140305)
- (R333) [Not worth a thought](#) (140226)
- (R332) [When God walks away](#) (140219)
- (R331) [Double bind](#) (140212)
- (R330) [Flying Spaghetti Monster](#) (140205)
- (R329) [Ascended Ones](#) (140129)
- (R328) [Making nothing of it](#) (140122)
- (R327) [Do Bodhisattvas exist?](#) (140115)
- (R319) [Biggest thing in the world](#)
 - [\(or Will science invalidate Buddhism\)](#) (131120)
- (R315) [Google stops thinking?](#) (131023)
- (R311) [Buddha's refugees](#) (130925)
- (R309) [Let go, get it](#) (130911)
- (R307) [Elephant in the room](#) (130821)
- (R299) [Quality of mercy](#) (130703)
- (R298) [Buddha better](#) (130626)
- (R296) [Be true, be free](#) (130612)
- (R294) [Chinua Achebe](#) (30529)
- (R292) [Free Buddhism](#) (130515)
- (R291) [Why Guanyin appears female](#) (130508)
- (R286) [Breaking free](#) (130403)
- (R284) [Best mantras](#) (130320)
- (R285) [Meditation on consciousness](#) (130313)
- (R281) [Quest for meaning](#) (130227)
- (R279) [Talking meditation](#) (130213)
- (R277) [Who, what, why, how?](#) (130123)
- (R273) [Time and being](#) (130102)
- (R272) [Canaletto dreaming](#) (R272 121226)
- (R271) [Renewal Day](#) (121219)
- (R270) [Dord](#) (121212)
- (R269) [If I were a hammer](#) (121205)
- (R263) [Mind, the 3 words](#) (121024)
- (R255) [No views frees](#) (120829)
- (R253) [Closer to God](#) (120815)
- (R252) [Does a layman arhat die on the same day?](#) (120808)
- (R244) [Dangerous knowledge](#) (RB 55 120613)
- (R243) [Buddhism for life](#) (RB 54 120606)
- (R239) [Like god](#) (RB 53 120509)
- (R238) [Vesak baby](#) (RB 52 120502)
- (R236) [Farewell brother](#) (RB 51 120418)
- (R234) [The lone Buddhists](#) (RB 50 120404)
- (R232) [Asking the right questions](#) (RB 49 120321)
- (R223) [Buddhism sets you free](#) (RB 48 120118)
- (R220) [Necessity of Right Livelihood](#) (RB 47 111228)
- (R219) [Duties of those who have](#) (RB 46 111221)
- (R217) [Unsatisfactory religions](#) (RB 45 111207)
- (R216) [We are not born human](#) (RB 44 111130)
- (R215) [Time for "monks" to pay income tax?](#) (RB 43 111123)
- (R200) [Buddhas die if we worship them](#) (RB 42 110721)
- (R198) [To be Bodhisattva, be arhat first](#) (RB 41 110724)
- (R196) [Better change ourselves, than change religion](#) (RB 40 110706)

- (R192) [Mad about meditation](#) (RB 39 110608)
- (R191) [How to end the world—really](#) (RB 38 110601)
- (R187) [Buddhist questions](#) (RB 36 110427)
- (R185) [Heaven can wait](#) (RB 35 110413)
- (R183) [The four refuges](#) (RB 37 110405)
- (R182) [Qingming \(“Clear and Bright”\)](#) (RB 34 110330)
- (R177) [Why monks wear robes](#) (RB 35 110223)
- (R170) [Words are drugs](#) (RB 32 110105)
- (R169) [A truly Buddhist Christmas?](#) (RB 31 101229)
- (R165) [Buddhism without words](#) (RB 30 101201)
- (R159) [Buddhism For dummies](#) (RB 29 101020)
- (R158) [How religions learn](#) (RB 28 101013)
- (R155) [Meditation has no name](#) (RB 27 100920)
- (R152) [My influence on the Buddha](#) (RB 26 100901)
- (R151) [Poetry in prose](#) (RB 25 100825)
- (R150) [Buddhism rises in the West](#) (RB 24 100818)
- (R149) [Good from bad](#) (RB 23 100811)
- (R146) [Aliens and UFOs in Buddhism](#) (RB 22 100728)
- (R145) [Buddhism Inc](#) (RB 21 100721)
- (R144) [Spiritual friendship](#) (RB 20 100714)
- (R142) [Global Buddhism](#) (RB 19 100630)
- (R136) [Good heavens](#) (RB 18 100519)
- (R135b) [What the Buddha really looks like](#) (RB 17 100512)
- (R134) [What does the Buddha mean ?](#) (RB 16 100428)
- (R129) [The truth is in how you breathe](#) (RB 15 100324)
- (R128) [You have to be somebody before you can be nobody](#) (RB 14 100317)
- (R127) [Ill will & meditation](#) (RB 13 100310)
- (R126) [Desire](#) (RB 12 100303)
- (R125) [Your mind: use it or lose it](#) (RB 11 102024)
- (R124) [Why the suttas repeat themselves](#) (RB 10 100217)
- (R118) [Mental slavery](#) (RB9 100106)
- (R113) [Vimalakirti’s illness](#) (RB8 091202)
- (R110) [Has Maitreya come?](#) (RB7 091118)
- (R108) [Bhikkhuni sangha revived](#) (RB 6 091104b)
- (R107) [Unsubscribe](#) (RB 5 091104)
- (R106) [Are Bodhisattvas selfish?](#) (RB 4 091028)
- (R97) [Who are the hungry ghosts?](#) (RB 3 090826)
- (R95) [Becoming humans: it’s easier than you think](#) (RB 2 090812)
- (R93) [Modern monastics?](#) (RB 1 090729)
- (R12) [Bull***](#) (RR2 2016)
- (R10) [Last chance to breathe](#) (RR1 110605)

Revisioning Buddhism 2018

1. For previous *Revisioning Buddhism* (before 2018), please click [here](#).
2. For *Inspirations*, please click [here](#).
3. If you would like to receive Piya Tan’s weekly reflection, please email us: [themindingcentre\[at\]gmail\[dot\]com](mailto:themindingcentre[at]gmail[dot]com).

2018



Address plaque at 293 Tranquerah Road, Melaka, Malaysia.

The address plaque at 293 Tranquerah Road, Melaka, Malaysia was stolen on 26th May 2018.

- (R581) [Pali polysemy: the colours of words](#) (181205)
- (R580) [The Buddha’s shadow](#) (181128)
- (R577) [The mind moves](#) (181107)
- (R576) [Abhisamaya](#) (181031)
- (R574) [Anicca or aniccha](#) (181017)
- (R573) [The teacher’s shadow](#) (181010)
- (R567) [Truth sequences](#) (180829)
- (R563) [Creating Buddhism](#) (180801)

- (R559) [The streamwinner, the true bodhisattva](#) (180704)
- (R558) [Wrong steps](#) (180627)
- (R554) [Stolen address: A Vesak reflection](#) (180530)
- (R553) [Acquisitions](#) (180523)
- (R547) [To save world, save self](#) (180411)
- (R546) [The Bodhisattva's sex life](#) (180404)
- (R545) [The speeds of world, body and mind](#) (180328)
- (R544) [Turning the Buddha on his head](#) (180321)
- (R543) [Against the flow](#) (180314)
- (R542) [Early Buddhist texts](#) (180307)
- (R541) [Buddhist agnosticism](#) (180228)
- (R540) [A psychology of myth](#) (180221)

SUTTA DISCOVERY (SD)

The Living Word of the Buddha • Living the Word of the Buddha

The Sutta Discovery Series by Piya Tan

Help to PRINT the Suttas • That the World May Hear the Buddha Word

Sutta Discovery Publication Project • The Most Detailed Sutta Translation

SUTTA TRANSLATION PROJECT (since 2002 –)

(1) Why a new translation?

All the available English translations of the Suttas are either faulty and out of date (done about a hundred years ago) or restricted by space (as a single-volume work and lacking notes). So they are useful almost only to the specialists.

20 reasons for Sutta Discovery series

1. It is a global resource for Buddhism scholars and Buddhist students.
2. The SD series is based on themes to sustain an interesting and connected reading. (SD 37 for example is based on Right Livelihood.)
3. Detailed notes on difficult words, names, and doctrines; & bibliographies.
4. The Sutta's *peyyala* (repetitive cycles) (especially those on Dharma training) are translated in full, for reflection by monastics and lay practitioners.
5. The works are paragraphed, subtitled and numbered in a reader-friendly way for easy reading in a scribal tradition (opposite of oral tradition).
6. A high standard of referencing and cross-references to other Suttas, essays, journal articles, etc, that are helpful to specialists and students, for discussion or self-study.
7. A broad-based translation that uses alternative translations, amplified translations, and comparative studies with Sanskrit, Chinese and other texts where necessary.
8. It includes a digest of the related and latest scholarly researches and writings, summarized, explained and discussed.
9. They serve as comprehensive sources and resources for study and teaching notes for Dharma teachers, researchers and students.
10. Easy-to-use handbook for monastics (especially forest monks) and practitioners for Sutta readings (for recording on MP3 etc) and for meditation.
11. Socially-engaged studies to inspire Buddhist social workers: it addresses various social and historical issues affecting Buddhism and religion.
12. The SD texts are freely available online at our websites, <http://dharmafarer.googlepages.com> & <http://dharmafarer.org>, and also separately on USB drives. They can be freely used as is.
13. The SD texts form the basis of an online Buddhist studies course.
14. The SD notes and studies are the materials for other reference projects such as *Dictionary of the Buddha's Words, A Sutta Dictionary, A Dharma Dictionary, Numerical Dictionary of Dharma and Sutta Index*.
15. The translated Suttas will be published separately according to Nikaya, that is, *The Long Texts, The Middle-length Texts, The Connected Texts* and *the Numerical Texts*.
16. The SD series is inspired by the Mere Buddhist vision, simple Dharma-moved living that brings awakening in this life itself.
17. The SD series is the basis for Dharma-based reforms in Buddhism today.
18. It is a historical and practical guide to early Buddhist meditation.
19. A helpful introduction to the study of key Pali terms and passages.
20. An excellent and enduring gift of the Dharma to others.

(2) A history of the Sutta Discovery

The Sutta Discovery (SD) series started with the NUS Buddhist Society weekly Sutta Study Group (SSG) classes in February 2002 and the Buddhist Fellowship in February 2003. A new volume of translations and essays (A4 size, averaging 180 pages) is released every three months.

These new SD volumes appear once every 3 months. These volumes are fully studied in the BF (every Tuesday, since 2003) and the TMC (every Wednesday, since 2006). By December 2009, Piya has completed at least 32 volumes of the Sutta Discovery. By 2030, over 100 SD volumes have been projected. This current series is registered as **ISBN 978-981-08-xxxx-x**.

3 Projected costs of Printing the Suttas

3.1 This pioneer effort will be a "LIMITED EDITION" of 1500 copies of the Sutta Discovery series, but more may be printed if we have sufficient funds and demand.

3.2 FREE COPIES will be distributed to interested Sangha members, Buddhist centres, tertiary societies, libraries, and students.

3.3 Part of the publication will be available on the open market TO GENERATE FUNDS for printing other SD volumes and related works, and for supporting Piya Tan's Dharma work.

3.4 YOU CAN HELP in the following ways, besides **publicizing this project** for us:

- (1) READER: Donation of \$25.00 or more, entitled to a free copy.
 - (3) STEWARD: Donation of \$500.00 and above.
 - (4) FULL SPONSOR: Donation of \$5000.00 (cost of printing 1500 copies of each SD Volume and mailing charges).
- Your continued [donations](#) keeps the Sutta Translation project & this website going.

KNOW DHARMA, MAKE DHARMA KNOWN.

Sutta Discovery are available in two formats

PDF version and quarterly ring-bound volumes. The [Sutta Discovery PDF version \(soft copies\)](#) available (with Pali fonts, plus Piya's current works).

Books and [USB flash drives](#) are available on a donation basis, to get your copies, please email: dharmafarer@gmail.com or call **82110879** (ask for Ratna Lim).

FEEDBACK from Bhante Kaccayana (27 May 2008)

Metta Vihara Forest Monastery, Germany

Dear Piya Tan,

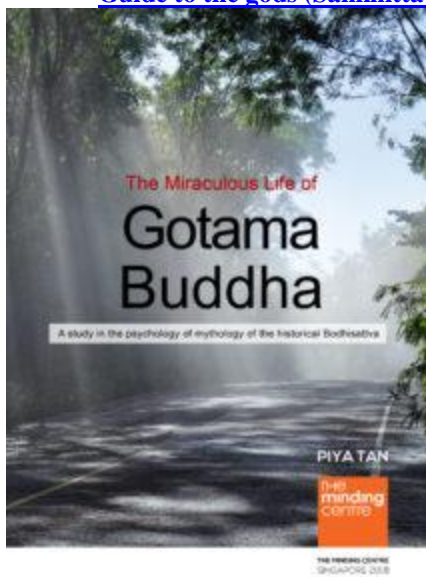
Thousand thanks for the two CD's with your precious Sutta material, which arrived two days back! I also downloaded some from the website you mentioned. All that is **very precious and most useful** for our sutta study group over here

Books from SD series

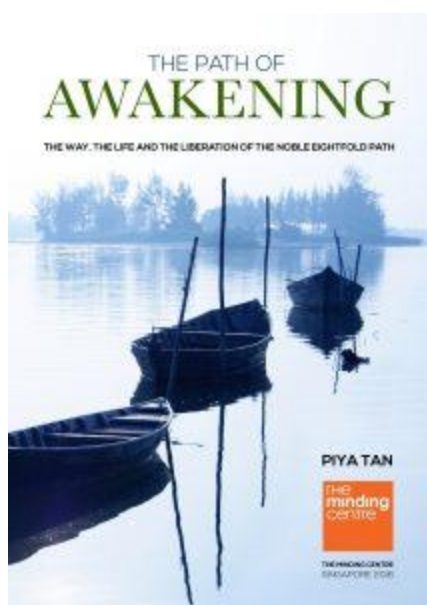


Guide to the Gods by Piya Tan

- [Guide to the gods \(Sankhitta Devata Dipani, A short guide to deity\) by Piya Tan, ©2018](#)

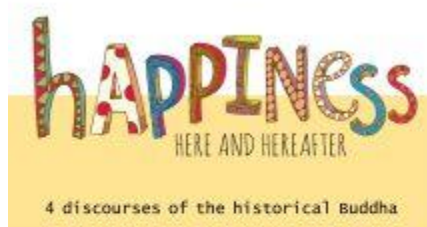


- [SD 52.1 book cover](#)
- [Miraculous life of Gotama Buddha](#)



The Path of Awakening (Piya Tan, 2016)

- *The Path of Awakening: the way, the life and the liberation of the noble eightfold path* by Piya Tan, 2016. [Download *The Path of Awakening* here.](#)



Happiness Here and Hereafter (Piya Tan, 2016)

- *Happiness Here and Hereafter: 4 discourse of the historical Buddha* by Piya Tan, 2016. [Download *Happiness Here and Hereafter* here.](#)

Guides (lists, conventions, dictionary, indexes, etc)

- [List & index of suttas and essays \(2002-2013\)](#) (Sutta Discovery titles arranged according the Nikaya)
- [Abbreviations: textual, technical and scriptural](#)
- [The Pali Canon and Commentaries](#)
- [Guidelines for study and teaching](#)
- [Pali Canon and related works](#)

DICTIONARY OF EARLY BUDDHISM (DEB)

1. [Cover & conventions](#)
2. [Numerical Dharmas](#)
3. [DEB 2018 \(A-G\)](#)
4. [DEB 2018 \(H-O\)](#)
5. [DEB 2018 \(P-Y\)](#)
6. [Appendices 2018](#): Indian seasons & lunar months / 40 meditation method / 31 planes of existence

SUTTA GLOSSARY INDEX 2016:

1. [SGI 1](#) (Cover, Conventions & notes, Preface, **A to L**)
2. [SGI 2](#) (**M to Z** & **Appendix 1**: the Indian seasons and lunar months, **Appendix 2**: The 40 meditation methods and **Appendix 3**: The 31 realms of existence according to the Pali sources)
3. [STI](#) (Sutta Title Index 2016)

SD 1 – 9

[To get hard copies of SD 1 and 2](#)

Sutta Discovery 1:

The Buddha and the Early Buddhist Teachings (soft bound; limited edition)



Sutta Discovery vol 1: the Buddha and the early Buddhist teachings (Copyright by Piya Tan Beng Sin, 2010)

Sutta Discovery 2:

Wealth and lovingkindness (soft bound; limited edition)



Sutta Discovery vol 2: wealth and lovingkindness (Copyright by Piya Tan Beng Sin, 2010)

SD 1: The Buddha & the Early Buddhist Teachings [3rd rev ed, 2010, ISBN 978-981-08-5206-1]

Buddhism begins with looking at our goodness within.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|--|------------------------|--|
| 0.0 | <u>Contents</u> | | |
| 0.1 | <u>Preface to SD 1</u> | | |
| 0.2 | <u>Guidelines for study and teaching</u> | | |
| 0.3 | <u>Abbreviations</u> | | Technical, textual and scriptural abbreviations |
| 0.4 | <u>Pali Canon and related works</u> | | Scripture editions, translations and how to cite scriptures. |
| 0.5 | <u>Introduction to SD 1</u> | | |
| 1.1 | <u>Dhammacakka Pavattana Sutta</u> | S 56.11 | The Buddha's first discourse. |
| 1.2 | <u>Anatta Lakkhana Sutta</u> | S 22.59 | The 3 characteristics, the 5 aggregates, and non-self. |
| 1.3 | <u>Aditta (Pariyaya) Sutta</u> | S 35.28 | The Fire Discourse: everything is burning with greed, hate and delusion. |
| 1.4 | <u>Udumbarika Sihanada Sutta</u> | D 25 | The Buddha pays back the zealot in his own coins. |
| 1.5 | <u>Veludvareyya Sutta</u> | S 55.7 | The 4 precepts, the golden rule, values and streamwinning. |
| 1.6 | <u>Vitakka Santhana Sutta</u> | M 20 | How to overcome distractions during meditation. (MP3) [2 Mar 2013] |
| 1.7 | <u>Kevaddha Sutta</u> | D 11 | Miracles and what even God does not know. |
| 1.8 | <u>Tevijja Sutta</u> | D 13 | Problems with the creator-god idea. |
| 1.9 | <u>Dakkhina Vibhanga Sutta</u> | M 142 | The first nuns and position of women in early Buddhism. |
| 1.10 | <u>The Dharma-ending Age</u> | (Essay) | (Prophecy in the Pali Canon) Who is responsible for the decline of Buddhism? |
| 1.11 | <u>Ariya Pariyesana Sutta</u> | M 26 | The events leading up to the Great Enlightenment. |
| 1.12 | <u>Maha,saccaka Sutta</u> | M 36.17-44 | The Bodhisattva's self-mortification. |
| 1.13 | <u>Maha,sihanada Sutta</u> | M 12.44-63 | The Bodhisattva's self-mortification. |
| 1.14 | <u>Index & glossary</u> | | |

[To order hard copies of SD 1 & 2, please click here.](#)

SD 2: Wealth & Lovingkindness [3rd rev ed, 2010, ISBN 978-981-08-6272-3]

With great wealth comes great responsibility to do good.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|---|------------------------|---|
| 0.00 | <u>SD 2 Title page and contents</u> | | Title page and contents |
| 2.01 | <u>Preface</u> | | Preface |
| 2.02 | <u>Introduction</u> | | Introduction |
| 2.1 | <u>Adiya Sutta</u> | A 5.41 | The best benefits of wealth |
| 2.2 | <u>Anana Sutta or Ananya Sutta</u> | A 4.62 | The true benefits of worldly happiness |
| 2.3 | <u>Dana Mahapphala Sutta</u> | A 7.49 | On the best motivation for giving |
| 2.4 | <u>(Abhabba) Tayodhamma Sutta</u> | A 10.76 | Why & how to practise the spiritual life. |
| 2.5 | <u>Moral shame and moral fear: Kanha Sutta, Sukka Sutta, Hiri Ottappa Sutta</u> | A 2.7, A 2.8, A 2.9 | The guardians of the world. |
| 2.6a | <u>(Saddha) Janussoni Sutta</u> | A 10.177 | Who can benefit from dedication of merits? |
| 2.6b | <u>Neyyattha Nitattha Sutta</u> | A 2.3.4-5 | Two types of religious language |
| 2.7 | <u>Tirokudda Suta</u> | Kh 7 | The departed and merit |
| 2.8 | <u>(Agara) Aditta Sutta</u> | S 1.41 | On having the right priorities in life |
| 2.9 | <u>Kimdada Sutta</u> | S 1.42 | On the best gifts |
| 2.10 | <u>Karajakaya Brahmavihara Sutta</u> | A 10.208 | How lovingkindness limits karma and cultivate divinity in us. |
| 2.11a | <u>(Punna) Metta Sutta</u> | A 7.59a | The spiritual benefit of lovingkindness |
| 2.11b | <u>Ma Punna Bhayi Sutta</u> | It 22 | The three grounds for merit-making. |
| 2.12 | <u>Tikandaki Sutta</u> | A 5.144 | Dealing with repulsive and the attractive |
| 2.13 | <u>Culacchara Sutta</u> | A 1.6.3-5 | Loving-kindness works for even a moment |
| 2.14 | <u>Okkha Sutta</u> or Ukka Sutta | S 20.4 | Loving-kindness is more fruitful than giving |
| 2.15 | <u>(Ekadasa) Mettanisamsa Sutta</u> | A 11.16 | The 11 benefits of cultivating loving-kindness |
| 2.16 | <u>Is there a soul?</u> | (Essay) | A study based on the Pali Canon |

| | | | |
|------|--|---------|---|
| 2.17 | Is rebirth immediate? | (Essay) | A study based on the Pali Canon |
| 2.18 | Dhammadayada Sutta | M 3 | Sariputta on how to inherit the Dharma |
| 2.19 | Agganna Sutta | D 27 | On the origin or evolution of the world, society & basic values |
| 2.20 | (Panca) Gati Sutta | A 9.68 | The 5 realms of sentient existence. |
| 2.21 | (Sangaha) Bala Sutta | A 9.5 | How to free oneself from five common fears. |
| 2.22 | Bala Pandita Sutta | M 129 | The hells and the universal monarch. |
| 2.23 | (Panca) Devaduta Sutta | M 130 | The five sights and their meanings. |
| 2.24 | Maha Sihanada Sutta (excerpt) | *M 12 | The Buddha's knowledge of the worlds |
| 2.25 | Patala Sutta | S 36.4 | On the symbolic nature of "hell." |
| 2.26 | Index & glossary | | Index & glossary |
| 2.27 | List of Piya Tan's Works, Sutta Classes & courses | | |
| 2.28 | Printing the suttas | | |
| . | To order hard copies of SD 1 & 2, please click here. | | |
| . | | | |

SD 3: Refuge-going [ISBN 978-981-08-3492-0]

To go for refuge is to want to grow spiritually.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 3.1 | The one true refuge | | Balance between self-reliance and spiritual community. |
| | *Madhura Sutta | M 84.10 f | To whom do we go for refuge? |
| | *Ghotamukha Sutta | M 94.31 | The Buddha is our refuge. |
| | Ahitaya Thera Sutta | A 5.88 | Famous teachers can have wrong views. |
| | *Mahapadesa Sutta | D 16.47-11 | The 4 great references. = A 4.180 |
| | *Mahaparinibbana Sutta | D 16.23, 26 | Be islands unto yourself! |
| 3.2 | Listening beyond the ear | | The nature of noble discipleship. |
| | *Maha Vedalla Sutta | M 43.14 | Two conditions for right view. |
| | Samathavipassana Sutta | A 2.3.10 | Two connected aspects of meditation. |
| | Dhammassavanna Sutta | A 5.26; | |
| | Vimuttayatana Sutta | D 33.2.1(25) | Opportunities to enter the Path. |
| | *Anivarana Sutta | S 46.38b | Overcoming mental hindrances. |
| | Migasala Sutta | A 6.44 | Measure not others. |
| 3.3 | Entering the stream | | The fundamentals of spiritual attainment here and now (a textual survey). |
| | (Magga) Vibhanga Sutta | S 45.8 | Right view. |
| | Nittha Sutta | A 10.63 | Five kinds of saints. |
| | (Sekha) Uddesa Sutta | A 3.85 | Four kinds of saints. |
| | Saupadesa Sutta | A 9.12 | On the ease of becoming a stream-winner. |
| | *(Sotapatti) Phala Sutta | S 55.55 | The limbs for streamwinning. |
| | *Panca Vera Bhaya Sutta 1 | S 12.42 | The 4 limbs of a streamwinner. |
| 3.4 | Sankharupapatti Sutta | M 120 | How to choose a good rebirth. |
| | (Sappurisa) Vaddha Sutta | A 5.63 | The fivefold growth of a male lay disciple. |
| | (Savika) Vaddhi Sutta | A 5.64 | The fivefold growth of a female lay disciple. |

| | | | |
|-------|--|-------------------|--|
| 3.5 | Lonaphala Sutta | A 3.99 | How to limit bad karma. |
| 3.6 | Sarakani Sutta 1 | S 55.24 | How a drunk dies a saint. |
| 3.7 | (Upadana) Parivatta Sutta | S 22.56 | The 5 aggregates within this life. |
| 3.8 | Why Some Marriages Fail | | |
| | Stories of Isidasi | ThiA 260-271 | Why some marriages fail. |
| | Uttara and Sirima | DhA 11.2 DhA 17.3 | The power of lovingkindness. |
| | Vijaya Sutta | Sn no 11 | Disillusionment regarding the body. |
| 3.9 | Sancetanika Sutta | A 10.206 | How karma is forestalled and destroyed. |
| 3.10 | Ambalathika Rahulovada Sutta | M 61 | Dangers of lying and need for constant self-reflection. |
| 3.11 | Maha Rahulovada Sutta | M 62 | Meditations to overcome attachment to the body. |
| 3.12 | Nivarana Sangarava Sutta | S 46.55 | Calm and clear mind through clearing emotional blocks. |
| 3.12a | Maha Assapura Sutta | MA 3:318-321 | Commentarial explanations of the similes of the five hindrances. |
| 3.13 | Alagaddupama Sutta | M 22 | How to study the Dharma effectively. |
| 3.14 | The teacher or the teaching? | (Essay) | Charisma and self-empowerment. |
| | Rupa Sutta | A 4.65 | The four measures of charisma. (Incl Tha 469-472; Pug 53 f) |
| | Puggalappasada Sutta | A 5.250 | Dangers of wrong devotion. |
| | *Ovada Sutta III | S 16.8 | The Buddha's prophecy to Maha Kassapa. |
| | Migasala Sutta | A 6.44 | Measure not others. (Abridged) |
| | Adhipateyya Sutta | A 3.40 | The Buddha and the devas know our deeds. |
| 3.15 | Bakkula Sutta | M 124 | The story of a fish: living well, dying well. |
| 3.16 | (Uggatasarira) Aggi Sutta | A 7.44 [A:B 7.47] | The 3 wholesome fires. |

SD 4 (2004a, 2nd rev 2009, 3rd rev 2012): Karma 1 [ISBN 978-981-07-2694-2] (updated on 120615)

Karma means that we can radically change ourselves and the world.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|--------------------------------|--|
| 4.0 | SD 4 contents & TMC activities | SD 4 contents & TMC activities | |
| 4.1 | Sigalovada Sutta ; 4.1(1.3) Thana Putta Sutta | D 31; A 5.39 | The lay person's code of ethics and social responsibilities. Reasons for having a son. |
| 4.2-4 | Sammatta Niyama Suttas 1-3 | A 5.151-153 | How to prepare yourself for spiritual liberation. |
| 4.3 | Sammatta Niyama Sutta 2 (see 4.2-4 above) | A5.152 | How to study the Dharma for liberation. |
| 4.4 | Sammatta Niyama Sutta 3 (see 4.2-4 above) | A5.153 | How to study the Dharma for liberation. |
| 4.5 | Sussusa Sutta | A 6.88 | How to benefit from the Dharma with certainty |
| 4.6 | (Dullabha) Maha Cunda Sutta | A 6.46 | Fellowship between scholars and meditators. |
| 4.7 | Cula Dukkakkhandha Sutta | M 14 | The nature of true happiness. |
| 4.8 | Hatthaka Alavaka Sutta | A 3.34 | The bases of conciliation; true happiness. |
| 4.9 | Dhananjani Sutta | M 97 | Sariputta guides a dying person to the Brahma world. |
| 4.10 | (Mahanama) Gilayana Sutta | S 55.54 | How to die as a saint. |
| 4.11 | Pacala Sutta | A 7.58 | Ways of overcoming drowsiness & true discipleship. |
| 4.12 | (Nava Purana) Kamma Sutta | S 35.146 | Karma in the light of the |

| | | | |
|---------|---|-----------------------------------|--|
| | | | four noble truths. |
| 4.13 | (Vitthara) Kamma Sutta | A 4.232 | Four types of karma in terms of their quality and results. |
| 4.14 | (Kamma) Nidana Sutta & 4.14(1) Ti,dhamma Pahaniya Sutta | A 3.33 & A 6.107 | The seed-like nature of karma (A 3.33)The 3 unwholesome roots are to be abandoned. |
| 4.15 | Cula Kamma Vibhanga Sutta | M 135 | An analysis of karma and its fruit. |
| 4.16 | Maha Kamma Vibhanga Sutta | M 136 | Why the good sometimes suffer, the bad prosper. |
| 4.17 | Dhatu Vibhanga Sutta | M 140 | A pupil recognizes the Teacher through the Teaching. |
| 4.18 | (Tad-ah') Uposatha Sutta | A 3.70 | Types of precept days or sabbaths. |
| 4.19-23 | Money and monastics | V 2:294 ff; S 4:326; A 2:53 | Why renunciants abstain from money |
| 4.20 | Upakkilesa Sutta (abridged) [tr is embedded in 4.19-23 above] | A 4.10 | Accepting money by monastics is one of the impurities. |
| 4.21 | *Maniculaka Sutta (excerpt) [tr is embedded in 4.19-23 above] | S 42.10 | Monastics prohibited from accepting money. |
| 4.22 | *Ghotamukha Sutta (excerpt) [tr is embedded in 4.19-23 above] | M 94.31-33 | The monk Udena rejects donation of money. |
| 4.23 | *Ghatikara Sutta (excerpt) [tr is embedded in 4.19-23 above] | M 81.1-6 | A family man who uses no money. |
| 4.24 | Amagandha Sutta | Sn 2.2 | We are not always what we eat. |
| 4.25 | Cetovimutti, pannavimutti and ubhatobhagavimutti | Essay | Freedom of mind, freedom by wisdom, and freedom both ways. |

SD 5 (2004b, 2nd rev 2009, 3rd rev 2011): Dependent arising [ISBN 978-981-07-1031-6]

Dependent arising is about how the mind works, and ending suffering.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|--|------------------------|---|
| 5.1 | Samajivi Sutta 1 | A 4.55 | Living as ideal loving partners here and hereafter. |
| 5.2 | Nakula Sutta | A 6.16 | How a loving wife counsels a dying husband. |
| 5.3 | Nakulamata Sutta | A 8.49 | How women can be reborn as devas. |
| 5.4 | Nakulapita Sutta | S 22.1 | “My body may be sick, but my mind will not be sick.” |
| 5.5 | Sallatthana Sutta | S 36.6 | Two kinds of pain, but the wise suffer only one kind. |
| 5.6 | Sivaka Sutta | S 36.21 | Not everything is due to karma. The 5 natural orders. |
| 5.7 | Saleyyaka Sutta | M 41 | Karma and rebirth, or how to choose your rebirth. |
| 5.8 | Cula Malunkyauputta Sutta | M 63 | Right priorities in life and how to end suffering. |
| 5.9 | (Arahatta) Malunkyauputta Sutta | S 35.95 | Minding the mind: Malunkyauputta goes into retreat and awakens. |
| 5.10 | Dighajanu Sutta | A 8.54 | The layman’s welfare. |
| 5.11 | Angulimala Sutta | M 86 | The reformation of a serial killer. |
| 5.12 | Abhinha Paccavekkhitabba Thana Sutta | A 5.57 | Five regular reflections for spiritual development. |
| 5.13 | Sattha Sacitta Sutta | A 10.51 | On self-review. |
| 5.14 | (Kaya) Na Tumha Sutta | S 12.37 | Karma and interdependent origination. |
| 5.15 | (Patikkasamuppada) Vibhanga Sutta | S 12.2 | Definition of the 12 links. |

| | | | |
|------|--|---------|---|
| 5.16 | Dependent Arising | (Essay) | Overview & introduction to the wheel of life. |
| 5.17 | Maha Nidana Sutta | D 15 | Dependent arising, language and non-self. |
| 5.18 | (Anuruddha) Upakkilesa Sutta | M 128 | Spiritual friendship and mental development. |

SD 6 (2004c): Wisdom [ISBN 978-981-08-4245-1]

True wisdom is seeing things as they really are, and that we are no different.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|------------------------|--|
| 6.1 | Parileyya Sutta | S 22.81 | How to immediately destroy the mental defilements. |
| 6.2 | Upasakasampada Mahanama Sutta | S 55.37 | On the spiritual qualities of a true lay follower. |
| 6.3 | Upasaka Mahanama Sutta | A 8.25 | On the qualities of a true lay follower. |
| 6.4 | Bhaya Vera Sutta | A 5.174 | Disadvantages of breaking the precepts. |
| 6.5 | Sabbalahusa Sutta | A 8.40 | Fruits of breaking the precepts. |
| 6.6 | Three suttas on giving: (Attha) Dana Sutta 1 (Attha) Dana Sutta 2 Dana Vatthu Sutta | A 8.31-33 | On the motives behind giving and the benefits of giving. |
| 6.7 | Sugata Vinaya Sutta | A 4.150 | On the confusion regarding the Teaching. |
| 6.8 | Titthayatana Sutta | A 3.61 | Three wrong views regarding karma. |
| 6.9 | Maha Dukkakkhandha Sutta | M 13 | On the pains of pleasure. |
| 6.10 | Maha Cattarisaka Sutta | M 117 | Right view and how the noble eightfold path works. |
| 6.11 | Nibbedhika (Pariyaya) Sutta | A 6.63 | A new look at the four noble truths. |
| 6.12 | Upanisa Sutta | S 12.23 | Dependent arising (immediate causes). |
| 6.13 | Kaccayanagotta Sutta | S 12.15 | On what really is the middle way. |
| 6.13a | Katyayanagotra Sutra | SA 301= T 2.99.85c-86a | Chinese text and English translation of the sutra. |
| 6.14 | Madhupindika Sutta | M 18 | Perception and mental proliferation. |
| 6.15 | Aggi Vacchagotta Sutta | M72 | Nirvana and the problem of language. |
| 6.16 | Maha Hatthipadopama Sutta | M 28 | The 4 elements & dependent arising of the 5 aggregates. |
| 6.17 | Parinna Sutta | S 35.60 | Overcoming clinging. |
| 6.18 | Maha Sakuludayi Sutta | M 77.15-21 | The 37 limbs of awakening. |

SD 7 (2005a): The world and the universe *Our world is our six senses: our eye, ear, nose, tongue, body, mind and their perceptions.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 7.1 | Sabba Sutta | S 35.23 | The 12 sense-bases and the Buddhist theory of everything. |
| 7.2 | Rohitassa Sutta | S 2.26 | The world's end cannot be reached by going. |
| 7.3 | (Lujjati) Loka Sutta | S 35.82 | The world is constantly breaking up. |
| 7.4 | Lokanta Gamana Sutta | S 35.116 | How the world will really end. |
| 7.5 | (Samudayatthagama) Loka Sutta | S 12.44 | The dependent arising of the world. |
| 7.6 | Attakari Sutta | A 6.38 | Is there free will? On self-agency and other-agency. |
| 7.6abc | Cetana Sutta 1 -3 [Discourses on Volition] | S 12.38-40 | Karma still works without intention. |
| 7.6b | Cetana Sutta 2 [see above] | S 12.39 | Latent tendencies lead to rebirth. |
| 7.6c | Cetana Sutta 3 [see above] | S 12.40 | Our inclinations are conditioned by latent tendencies. |

| | | | |
|------|--|---------|---|
| 7.7 | Free Will | (Essay) | Early Buddhism, determinism and Benjamin Libet. |
| 7.8 | Arana Vibhanga Sutta | M 139 | No problem people, only people with problem. |
| 7.9 | (Atthaka Assa) Khalunka Sutta | A 8.14 | Psychological defence mechanisms. |
| 7.10 | Maha Tanhasankhaya Sutta | M 38 | Consciousness, rebirth and liberation. |
| 7.11 | Asibandhakaputta Kula Sutta | S 42.9 | Eight causes of the destruction of families. |
| 7.12 | Abhaya Rajakumara Sutta | M 58 | How the Buddha is not caught by trick questions. |
| 7.13 | Anapanasati Sutta | M 118 | On the breath meditation (the classic work) |
| 7.14 | Potthapada Sutta | D 9 | On the nature of consciousness and the self. |
| 7.15 | (Nivarana Bojjhanga) Ahara Sutta | S 46.51 | Starving the hindrances, feeding the enlightenment factors. |
| 7.16 | (Upadana) Samadhi Sutta | S 22.5 | The 5 aggregates and suffering over many lives. |

SD 8: Lay sainthood (2005b)

No matter how we have fallen, we can rise again by seeing deep into our heart.

| SD no. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---------------------------------------|-----------------|--|
| 8.1 | Spiritual friendshipa | (Essay) | Sariputta & Moggallana. |
| 8.2 | Taming of the Bull | (Essay) | Meditation in early Buddhism. |
| 8.3 | The Radiant mind | (Essay) | Working towards one's inherent goodness. |
| 8.4 | Dhyana | (Essay) | An introductory study of the <i>jhanas</i> and spiritual liberation. |
| 8.5 | Layman and Dhyana | (Essay) | How a lay person can meditate successfully. |
| 8.6 | Laymen saints | (Essay) | Awakened lay followers of the Buddha's time and awakening today. |
| 8.7 | Saññoga Sutta | A 7.48 | The nature of sexuality. |
| 8.8 | Vakkali Sutta | S 22.87 | He who sees the Buddha, see the Dharma. |
| 8.9 | Bhaddekaratta Sutta | M 131 | The meaning of vipassana. |
| 8.10 | Samannaphala Sutta | D 2 | The benefits of the holy life here and now. |

Volume 9 (2004d): Maha Parinibbana Sutta (D 16)

The last days of the Buddha.

Download: [Introductory Notes to Maha Parinibbana](#)

download: [Maha Parinibbana Sutta](#)

download: [Buddha Relic Controversy](#)

- (1) Summary of the sutta
- (2) The longest ancient Indian work
- (3) Composition of the sutta
 - Chart. The original materials, unique to the sutta
 - Chart. Concordance of Sources of the Maha Parinibbana Sutta (TW Rhys Davids)
- (4) Text and recensions
 - (a) Chronology of the Pali Canon
 - (b) Recensions of the sutta
- (5) Bareau's analyses
- (6) Island or lamp?
 - (a) Attadipa
 - (b) The only way
 - (c) The one refuge
- (7) Mortuary rites and holy places
 - (a) Mortuary preparations

- (b) Supreme worship
 - (c) Stupas and caityas
 - (d) Relic and stupa worship
 - (e) Seeing the Buddha
 - (f) Sense of urgency
 - (g) Buddhist pilgrimage
 - (h) Pasannacitta
 - (i) Authenticity of relics
 - (j) Relic thefts
- (8) Barlaam and Josaphat
- (9) The Buddha's life and death
- (a) The lifespan of Buddhas
 - (b) The Buddha's lifespan
 - (c) The meaning of kappa
 - (d) Did the Buddha die on Vesak day?
 - (e) Waiting for Supriya and Subhadra (Sanskrit accounts)
 - (f) Did the Buddha commit suicide?
 - (g) Is the Buddha still living?
 - (h) Is the Buddha really dead?
 - (i) Immortal saints
- (10) Tools for preserving the Teaching
- (a) Conditions for non-decline
 - (b) The 37 factors leading to awakening
 - (c) The seven sets
 - (d) The threefold training
- (11) The four great references
- (12) The lesser and minor rules
- (13) The Buddha's last meal
- (a) Was the Buddha poisoned?
 - (b) Was it a pork dish?
- (14) Dhammarama
- (15) Aspects of (pari)nirvana
- (16) Political conditions of India during the Buddha's time
- (a) The 16 great states
 - (b) Monarchies and confederacies
 - (c) Rajagaha and Pataliputta

[Maha Parinibbana Sutta](#)

Afterword: Buddhism after the Buddha
 Appendix 1: "[Buddha Relics](#)" (Singapore)
 Appendix 2: [List of logical fallacies](#)
 Bibliography

SD 10 – 19

Note:

- (a) A sutta whose title is preceded by an asterisk (*) means that it is only an excerpt.
- (b) All files are in pdf.

SD 10 (2006b): The limbs of awakening *Awakening is a natural process—if we do not hinder it.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|--------------------------|---|
| 10.1 | Bodhipakkhiya Dhamma | (Essay) | The 37 limbs of awakening. |
| 10.2 | (Catu) Padhana Sutta | A 4.14 | The four right efforts. |
| 10.3 | Iddhipada Samyutta | S 51 | The connected sayings on the four bases of spiritual power. |
| 10.4 | Panc'indriya / (Indriya) Datthabba Sutta / (Bahira) Patipanna Sutta / Apana Sutta | S 48.8; S 48.18; S 48.50 | The 5 spiritual faculties. |
| 10.5 | Panca Bala | (Essay) | The five |

| | | | |
|-------|--|---------|---|
| 10.6 | Dhammapada 97 | Dh 97 | powers. The two levels of religious language |
| 10.7 | Pubba Kotthaka Sutta | S 48.44 | The nature of faith in Buddhism. |
| 10.8 | Kannakatthala Sutta | M 90 | Omniscience; the 4 castes; do the gods return to earth? |
| 10.9 | (Deva) Sangarava Sutta | M 100 | Do gods exist? |
| 10.10 | (Kosambi) Unnabha Sutta | S 51.15 | Not all desires are bad, or the path to success. |
| 10.11 | Metta Sahagata Sutta = Haliddavasana Sutta | S 46.54 | How lovingkindness leads to awakening. |
| 10.12 | Haliddakani Sutta | S 22.3 | On true renunciation. |
| 10.13 | Maha Assapura Sutta | M 39 | A recluse should be worth his salt. |
| 10.14 | Bhikkhuni Sutta | A 4:159 | Fighting poison with poison. |
| 10.15 | Bojjhanga Sila Sutta | S 46.3 | Spiritual friendship and sainthood. |
| 10.16 | Ariya Atthangika Magga (2nd ed) | Essay | The noble eightfold path. |

SD 11 (2006a): Emptiness *True emptiness is the breaking of all barriers, especially selfishness.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|--|
| 11.1 | Kitagiri Sutta | M 70 | Faith, learning and sainthood. |
| 11.2 | The Great Commission | V 1:15-21 | The story of Yasa, the sending of the first missionaries. |
| 11.3 | Cula Suññata Sutta | M 121 | The realization of impermanence in the highest meditation. |
| 11.4 | Maha Suññata Sutta | M 122 | The joy of spiritual solitude. |
| 11.5 | Parivimsana Sutta | S 12.51 | How dependent arising leads to Nirvana. |
| 11.6 | Brahma Baka Sutta | S 6.4 | A High God has wrong view. |
| 11.7 | Brahma Nimantanika Sutta | M 49 | The Buddha defeats a God-Devil league in high heaven. |
| 11.8 | Mulapariyaya Sutta | M 1 | The nature of primary sources or concepts. |
| 11.9 | Mulapariyaya Jataka | J 245 | How conceit prevents awakening. |
| 11.10 | Gotamaka Cetiya Sutta | A 3.123 | Conclusion to the Mulapariyaya Sutta. |
| 11.11 | Sacca Vibhanga Sutta | M 141 | The four noble truths and spiritual friendship. |
| 11.12 | Channovada Sutta | M 144 | Suicide and Buddhism. |
| 11.13 | Ani Sutta | S 20.7 | How to prevent the disappearance of the Dharma. |
| 11.14 | Samma Ditthi Sutta | M 9 | Sariputta on the nature of direct spiritual experience. |

SD 12 (2005d): Brahma (the High God) *The gods we worship often reflects our desires and dislikes.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|---|
| 12.1 | Why the Buddha "hesitated" to teach | (Essay) | Events leading up to the First Discourse. |

| | | | |
|-------|---|----------|---|
| 12.2 | Ayacana Sutta | S 6.1 | Brahma invites the Buddha to teach the Dharma. |
| 12.3 | Garava Sutta | S 6.2 | Even the Teacher respects the Teaching. |
| 12.4 | Brahmadeva Sutta | S 6.3 | The High God does not need any offering. |
| 12.5 | Samudayadhamma Sutta 1 | S 22.126 | Reflection on impermanence of the 5 aggregates. |
| 12.6 | Avijja Sutta | S 33.79 | How true knowledge arises. |
| 12.7 | (Ajjhata) Nandikkhaya Sutta | S 35.155 | The senses are impermanent. |
| 12.8 | (Bahiddha) Nandikkhaya Sutta | S 35.156 | Sense-objects are impermanent. |
| 12.9a | (Khandha) Nandikkhaya Sutta 1 | S 22.51 | Mental liberation through reflecting the aggregates as impermanent. |
| 12.9b | (Khandha) Nandikkhaya Sutta 2 | S 22.52 | Mental liberation through wisely considering the aggregates. |
| 12.10 | Panca Sekhabala Sutta | S 5.2 | Qualities leading to arhathood. |
| 12.11 | (Satipatthana) Vibhanga Sutta | S 47.40 | Insight through impermanence. |
| 12.12 | Anicca Sañña Sutta (130318) | S 22.102 | The perception of impermanence. |
| 12.13 | Anicca Sutta | A 6.98 | How to be certain of the right path to liberation. |
| 12.14 | Kinci Sankhara Sutta | A 6.93 | Things one with right view would never do. |
| 12.15 | Annadhikarana Sutta | A 10.86 | Mere book learning does not lead to liberation. |
| 12.16 | Rahogata Sutta 2 | S 52.2 | Vipassana through satipatthana. |
| 12.17 | Rahogata Sutta 1 | S 52.1 | Advanced satipatthana practice. |
| 12.18 | Nalanda Sutta | S 47.12 | Sariputta's lion-roar; his last meeting with the Buddha. |
| 12.19 | Sedaka Sutta | S 47.19 | Truly guiding self and guiding others. |
| 12.20 | (Satipatthana) Mitta Sutta | S 47.48 | Exhort others to practise Satipatthana. |
| 12.21 | Kayagatasati Sutta | M 119 | Satipatthana through watching the body. |
| 12.22 | (Anapana,samadhi) Kimbila Sutta | S 54.10 | Satipatthana via breath meditation. |
| 12.23 | Aghata Pativinaya Sutta | A 5.161 | Anger management. |

SD 13 (2005, 2008, 2008, 2013): The Satipatthana Suttas [ISBN 978-981-07-7314-4][What is satipatthana?](#)It is about understanding yourself.When you understand your body, you understand feelings;when you understand feeling, you understand your mind;when you understand your mind, you see true realitythat is liberating.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 13.0 | SD 13 contents | | |
| 13.1 | An introduction to the Satipatthana Suttas | (Essay) | A quest for the original Satipatthana Sutta. |
| 13.2 | Maha Satipatthana Sutta | D 22 | The great discourse on the four focuses of mindfulness. |
| 13.3 | Satipatthana Sutta | M 10 | The 4 focuses of mindfulness. |
| 13.4 | Satipatthana Mula (by Sujato Bhikkhu) | | A reconstructed Satipatthana Sutta. |
| 13.5 | Bibliography | | |

SD 14 (2007a; 2nd rev 2012): Self-identity view (Sakkaya ditthi) [ISBN 978-981-07-3849-5] (last update: 28/09/12)*Self-identity view is the notion that one cannot really change.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|-------|
| 14.0 | SD 14 contents & TMC activities | | |

| | | | |
|-------|---|-------------------------------------|---|
| 14.1 | Anta Sutta | S 22.103 | “Identity” in the light of the four noble truths. |
| 14.2 | Nagara Sutta | S 12.65 | How the Buddha was awakened: the parable of the city. |
| 14.3 | Maha Sakyamuni Gotama Sutta | S 12.10 | How the Buddha was awakened. |
| 14.4 | Nagara Sutta, Maha Sakyamuni Gotama Sutta and Nagara Sutta (Sanskrit) | S 12.10 & its Sanskrit ver; S 12.65 | Comparative study of Nagara Sutta, Maha Sakyamuni Gotama Sutta & Nagara Sutta |
| 14.5 | Magga Vibhanga Sutta | S 45.8 | A definition of the path factors. |
| 14.6 | Assada Sambodha Sutta | A 3.101 | The suffering world and the way out. |
| 14.7 | Assada Samanabrahmana Sutta | A 3.102 | Escape from the world and suffering is possible. |
| 14.8 | Abhaya Sutta | A 4.184 | Overcoming the fear of death. |
| 14.9 | Pubba Sambodha Sutta 1 (ajjhata) | S 35.13 | The sense-faculties can never satisfy one completely. |
| 14.10 | Pubba Sambodha Sutta 2 (Bahiddha) | S 35.14 | The sense-objects can never satisfy one completely. |
| 14.11 | Satta Jatila Sutta | S 3.11 | How to recognize an arhat. |
| 14.12 | Thana Sutta | A 4.192 | How to truly know a person’s character. |
| 14.13 | Khemaka Sutta | S 22.89 | Overcoming self-notions. |
| 14.14 | Sampasadaniya Sutta | D 28 | Sariputta’s lion-roar and the 16 unsurpassable virtues of the Buddha. |
| 14.15 | Anuttariya Sutta 2 | A 6.30 | Six supreme qualities conducive to spiritual liberation. |

SD 15 (2006c): Mental cultivation (Bhavana) [ISBN 978-981-08-3490-6] *Meditation is a journey through the present moment into the timelessness of true bliss.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-------------------------------|---|
| 15.1 | Bhavana | (Essay) | Mental cultivation: The basic principles of early Buddhist meditation. |
| 15.2 | Vasijata Sutta or Nava Sutta | S 22.101 | How to meditate = Bhavana Sutta (A 7.67). |
| 15.3 | (Agataphala) Mahanama Sutta | A 6.10 | The six recollections of the saints. |
| 15.4 | (Vitthara) Satta Sanna Sutta | A 7.46 | Seven meditation methods leading to the Deathfree. |
| 15.5 | Dhajagga Sutta | S 11.3 | The recollection of the Three Jewels. |
| 15.6 | Sambadhokasa Sutta | A 6.26 | How to awaken as a lay follower. |
| 15.7 | Buddhanussati (130318) | A 4.23 | A recollection of the Buddha's nine virtues. |
| 15.8a | Sanditthika Dhamma Brahmana Sutta | A 3.53 | The nature of the Dharma. |
| 15.8b | Paribbajaka Brahmana Sutta | A 3.54 | The purpose of the Dharma. |
| 15.9 | Dhammanussati | Vism 7.68-99 | The recollection of six virtues of the Buddha's Teaching and Truth. |
| 15.10a | Sanghanussati : recollection on the sangha. Attha Puggala Sutta 1, Attha Puggala Sutta 2, | A 8.59; A 8.60; Vism 7.89-100 | The 9 virtues of the noble community. |
| 15.10b | (Sangha) Uposatha Sutta | A 4.190 | The spiritual benefits of being a noble disciple. |

| | | | |
|-------|-------------------------------|----------------|------------------------------------|
| 15.11 | Silanussati | Vism 7.101-106 | The power of one's moral goodness. |
| 15.12 | Caganussati | Vism 7.107-114 | The power of giving. |
| 15.13 | Devatanussati | Vism 7.115-118 | Meditating on one's own godliness. |

SD 16 (2007c): Impermanence (Anicca)

Impermanence means we have the chance to change for the better.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|---|
| 16.1 | Dighanakha Sutta | M 74 | Understanding feelings overcomes wrong view; Sariputta's awakening. |
| 16.2 | (Vicarita) Tanha Sutta | A 4.199 | The 108 thought-courses motivated by craving. |
| 16.3 | Nivarana Pahana Vagga | A. 1.2 | The five mental hindrances: their causes and ending. |
| 16.4 | (Akusalamula) Annatitthiya Sutta | A. 3.68 | The nature of the 3 unwholesome roots. |
| 16.5 | (Sotapatti) Sariputta Sutta 2 | S 55.5 | Definitions of streamwinning. |
| 16.6 | Velama Sutta | A 9.20 | On right giving and the highest thought. |
| 16.7 | (Anicca) Cakkhu Sutta | S 25.1 | How to awaken in this life itself. |
| 16.8 | (Arahatta) Susima Sutta | S 12.70 | Attaining arhathood through insight. |
| 16.9 | Avijja Pahana Sutta 2 | S 35.80 | How to let go of "everything." |
| 16.10 | (Patihariya) Sangarava Sutta | A 3.60 | The greatest miracle. |
| 16.11 | Vipallasa Sutta | A 4.49 | Perverted perceptions, thoughts and views. |
| 16.12 | (Vangisa) Ananda Sutta | S 8.4 | How to overcome lust. |
| 16.13 | Time and time again : Udaya Sutta; Assu Sutta | S 7.12; S 15.3 | Reflections on the cycle of life; S 7.12 : the repetition cycle of life; S 15.3 : the true nature of cyclic life. |
| 16.14 | Somanassa Sutta | It 37 | Samvega and its benefits. |
| 16.15 | Kosala Sutta 1 | A 10.29 | Even the best or highest, except nirvana, is impermanent. |
| 16.16 | Gilanadassana Sutta | S 41.10 | How the dying lay-disciple Citta counsels the living. |
| 16.17 | Araka Sutta | A 7.70 | Life is short: It's time to awaken! |

SD 17a (2007a; 2nd rev 2009, 3rd rev 2012): The Five Aggregates (Khandha) [ISBN 978-981-07-3805-1] (latest update: 2 March 2013) *WHO we are is a social construction; WHAT we are is a healing deconstruction.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme & YouTube links |
|--------|---|-----------------|---|
| 17.0a | SD 17a contents | | SD 17a contents & sutta classes & courses |
| 17.1a | (Dve) Khandha Sutta | S 22.48 | The aggregates are the limits of our being. |
| 17.1b | Abhijana Sutta | S 22.24 | The 5 aggregates have to be directly known. |
| 17.2a | Khandha 1: Rupa | (Essay) | A study of the 1st aggregate. (YouTube Links: Part 1a , Part 1b , Part 1c , Part 1d , Part 2a , Part 2b , Part 2c , Part 2d [Q&A]). |
| 17.2b | Matter and moments | (Essay) | The phase of matter and the theory of moments. (YouTube) |
| 17.3 | Khandha 2: Vedana (feeling) | (Essay) | A study of the 2nd aggregate. (YouTube: Part 1 Of 2 . Part 2 Of 2) |

| | | | |
|------|--|---------|---|
| 17.4 | Khandha 3: Sañña (perception) | (Essay) | A study of the 3rd aggregate. |
| 17.5 | Sañña Nanatta Sutta | S 14.7 | How we interpret our sense-experiences. |
| 17.6 | Khandha 4: sankhara (formations) | (Essay) | A study of the 4th aggregate. |
| 17.7 | (Pacetana) Rathakara Sutta | A 3.15 | The nature of abhisankhara. |

SD 17b (2007b; 2nd rev 2009, 3rd rev 2010, 4th ed 2013): The Five Aggregates (Khandha) [ISBN 978-981-07-6582-8]*Consciousness is what we make of the world: it is mostly a dream we need to awake from.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|--|
| 17.8a | Khandha 5: Vinnana (consciousness) | (Essay) | A study of the 5th aggregate (based on the Suttas and Commentaries). |
| 17.8b | The unconscious | (Essay) | How the mind works, or are we really in control? |
| 17.8c | Meditation and consciousness | (Essay) | A random survey of recent developments. |
| 17.9 | Khajjaniya Sutta | S 22.79 | Understanding the aggregates leads to liberation. |
| 17.10 | (Khandha) Aditta Sutta | S 22.61 | The aggregates burn with pain. |
| 17.11 | Maha Punnama Sutta | M 109 = S 22.82 | The 5 aggregates, clinging, identity view and not-self. |
| 17.12 | Phenapinda Sutta | S 22.95 | The true nature of the aggregates. |
| 17.13 | Indriya Bhavana Sutta | M 152 | How to master the sense and awaken. |
| 17.14 | Bhara Sutta | S 22.22 | There is no “person” in the aggregates. |
| 17.15 | Lokayatika Sutta | S 12.48 | The middle way between extreme views. |
| 17.16 | Udana Sutta | S 22.55 | Consciousness works with the aggregates. |
| 17.17 | Bibliography | | |

SD 18 (2007d): Karma 2

Can you really help what you are doing?

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 18.1 | Karma | (Essay) | Moral and psychological ethics as taught in the early Buddhist texts. |
| 18.2 | Mula Sutta | A 3.69 | The Discourse on the Roots. |
| 18.3 | Vitthara Patipada Sutta | A 4.162 | The (Detailed) Progress on the Modes of Progress. |
| 18.4 | Devadaha Sutta | M 101 | Self-mortification, fatalism, karma and omniscience. |
| 18.5 | (Pabbajja) Acelaka Kassapa Sutta | S 12.17 | True nature of action and the middle way. |
| 18.6 | (Tamojoti) Puggala Sutta | S 3.21 | Two kinds of decline and two kinds of progress. |
| 18.7 | Beyond Good and Evil | (Essay) | Moral virtues as means and as ends. |
| 18.8 | (Akusala) Kamma Nidana Sutta | A 10.174 | The negative root causes of Karma. |
| 18.9 | Samanamandika Sutta | M 78 | The arhat is beyond good or evil. |
| 18.10 | Channa Paribbajaka Sutta | A 3.171 | On overcoming the three unwholesome roots. |
| 18.11 | Virtue Ethics | (Essay) | A naturalistic approach to karma and rebirth, or being good as if everyone matters. |

SD 19 (2008): The meditation sign (Nimitta)

If we do not let go of the past, we are already dead.

If we do not let go of the future, we are not born yet.

If we do not let go of the present,

we will never advance on the path to liberation.

Let go!

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|---------------------------------------|
| 19.1 | “I”: the nature of identity | (Essay) | How selfishness arises. |
| 19.2a | “Me”: the nature of conceit | (Essay) | Psychological complexes & narcissism. |
| 19.2b | Khema Sumana Sutta | A 6.49 | The arhat has no notion of status. |

| | | | |
|-------|---|----------|---|
| 19.3 | “Mine”: the nature of craving | (Essay) | Craving, eternalism and annihilationism. |
| 19.4 | (Arahatta) Anuruddha Sutta | A 3.128 | Anuruddha’s awakening. |
| 19.5 | Anuruddha Mahavitakka Sutta | A 8.30 | The joy of the spiritual life. |
| 19.6 | Mahapurisa Sutta | S 47.11 | Who is truly great? |
| 19.7 | Nimitta | (Essay) | The radiant and blissful meditation sign. |
| 19.8 | Piti Sutta | A 5.176 | Lay followers and spiritual solitude. |
| 19.9 | Niddasavatthu Sutta | A 7.18 | The full spiritual training in 7 stages. |
| 19.10 | (Sariputta) Niddasavatthu Sutta | A 7.39 | The full spiritual training. |
| 19.11 | Pamsudhovaka Sutta | A 3.100a | Refining our meditation practice. |
| 19.12 | Nimitta Sutta | A 3.100b | Samadhi, effort and equanimity. |
| 19.13 | Atammayata | (Essay) | Non-identification, deconstruction and non-duality. |
| 19.14 | Nimitta and anuvyanjana | (Essay) | Sense-restraint & wise attention: how to master the senses. |
| 19.15 | Chapana Sutta | S 35.247 | Taming the animal-like sense-faculties. |
| 19.16 | Girimananda Sutta | A 10.60 | The 10 meditations for the sick. |
| 19.17 | Kummopama Sutta | S 35.240 | The benefit of restraining the senses. |

SD 20 – 29**Note:**

(a) A sutta whose title is preceded by an asterisk (*) means that it is only an excerpt.

(b) All files are in pdf.

SD 20 (2008): Revulsion (Nibbida) [last update: 2/3/2013]

Those who know true reality are not cheated by falsehood.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme & YouTube links |
|---------------|---------------------------------------|------------------------|--|
| 20.1 | Nibbida | (Essay) | Disillusionment and revulsion in spirituality. (YouTube: Part 1a , Part 1b , Part 2a , Part 2b) |
| 20.2 | Assutava Sutta 1 | S 12.61 | Impermanence of mind, dependent arising, nibbida. (YouTube: Part 1 Of 2 , Part 2 Of 2) |
| 20.3 | Assutava Sutta 2 | S 12.62 | Understanding feelings leads to nibbida. (YouTube: Part 1 Of 2 , Part 2 Of 2) |
| 20.4 | Vivekanissita | (Essay) | The stages to spiritual liberation. (YouTube) |
| 20.5 | Moliya Phagguna Sutta | S 2.12 | There is no self behind our mental processes. (YouTube) |
| 20.6 | Puttamamsa Sutta | S 12.53 | The true nature of food. (YouTube) |
| 20.7 | Subha Therigatha | Thi 366-399 | The true meaning of seeing. (YouTube) |
| 20.8 | Talaputa Sutta | S 42.2 | How an actor-dancer became a monk. (YouTube) |
| 20.9 | Talaputa Theragatha | Tha 1091-1145 | The joy of spiritual solitude. (YouTube) |
| 20.10 | Migajala Theragatha | Tha 417-422 | True solitude. (YouTube) |
| 20.11 | Samiddhi Sutta | S 35.68 | Our senses are the world. (YouTube) |
| 20.12 | Sona Kolivisa Sutta | A 6.55 | How to balance our spiritual practice. (YouTube) |
| 20.13 | Samanamacala Sutta 1 | A 4.87 | Four types of noble saints. (YouTube) |
| 20.14 | Samanamacala Sutta 2 | A 4.88 | Four types of noble saints. (YouTube) |
| 20.15 | Punnovada Sutta | M 145 | When are we ready to teach the Dharma? |
| 20.16 | (Magga) Nava Sutta | S 45.158 | The noble eightfold path leads to awakening. |

SD 21 (2008): Views (Ditthi)

How we see depends on how we think: a clear mind sees even with eyes closed.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|----------------------------------|------------------------|-------------------------------------|
| 21.1 | Venagapura Sutta | A 3.63 | The Buddha’s qualities and virtues. |

| | | | |
|-------|--|---------|--|
| 21.2 | Balena Pandita Sutta | S 12.19 | Pro three-life dependent arising. |
| 21.3 | Ambattha Sutta | D 3 | Religious arrogance versus spiritual openness. |
| 21.4 | (Devata) Samiddhi Sutta | S 1.20 | The Dharma is right here & now. |
| 21.5 | Vimuttayātana Sutta | A 5.26 | Can liberation be won other than through meditation? |
| 21.6 | Sila samadhi panna : moral virtue, concentration, wisdom | (Essay) | The three trainings in early Buddhism. |
| 21.7 | Simsapa Sutta | S 56.31 | All we need to know to be free. |
| 21.8 | Khadira Sutta | S 56.32 | To be liberated is to know the 4 noble truths. |
| 21.9 | Methuna Sutta | A 7.47 | The seven bonds of sexuality. |
| 21.10 | Maha Malunkyaṇṇa Sutta | M 64 | The 5 mental fetters and the latent tendencies. |
| 21.11 | Dutiya Acchāriya Sutta | A 4.128 | Four marvelous things. |
| 21.12 | Yamaka Sutta | S 22.85 | The aggregates & the arhat's indefinable state. |
| 21.13 | Anuradha Sutta | S 22.86 | The nature of the Tathāgata. |
| 21.14 | Sekha Sutta | M 53 | The one on the spiritual path to awakening. |
| 21.15 | Canki Sutta | M 95 | Belief, knowledge and liberation. |

SD 22 (2008): Giving & generosity (Dana)

Giving is an appreciation of another's being—That others' happiness is also our happiness.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 22.1 | (Sumana) Dana Sutta | A 6.37 | How to give with wholesome intentions. |
| 22.2 | Sundarika Bharadvaja Sutta | Sn 3.4 | Who is truly worthy of offerings? |
| 22.3 | Sundarika Sutta | S 7.9 | Who is truly worthy of offerings? |
| 22.4 | Aputtaka Sutta 1 | S 3.19 | Wealth is meant to be enjoyed. |
| 22.5 | Aputtaka Sutta 2 | S 3.20 | Wealth is no assurance for happiness. |
| 22.6a | Pakkanta Sutta | S 17.35 | Even in gain, the evil decline. |
| 22.6b | Pañcarathasata Sutta | S 17.36 | Even in gain, the evil decline. |
| 22.7 | Yajamana Sutta | S 11.16 | Even material giving is fruitful. |
| 22.8 | Kutadanta Sutta | D 5 | The true sacrifice. |
| 22.9 | Aggika Bharadvaja Sutta | S 7.8 | The true fire burns within. |
| 22.10a | Aditta Jataka | J 424 | What is given is well saved. |
| 22.10b | Asadisadana Vatthu | DhA 13.10 | The joy of giving. |
| 22.10c | Sadhu Sutta | S 1.33 | The benefits of giving. |
| 22.11 | (Pasenadi) Yanna Sutta | S 3.9 | The better sacrifice. |
| 22.12 | (Dana) Vacchagotta Sutta | A 3.57 | Benefits of wise giving. |
| 22.13 | Suppavasa Sutta | A 4.57 | Four blessings from giving food. |
| 22.14 | Sumana Rajakumari Sutta | A 5.31 | The levels of benefits for the giver. |
| 22.15 | Sappurisa Dana Sutta | A 5.148 | True giving, wealth and their benefits. |
| 22.16 | Dana Siha Sutta | A 5.148 | Visible fruits of giving. |
| 22.17 | Puññakiriyavatthu Sutta | A 8.36 | Giving, moral virtue, meditation. |

SD 23 (2009): Death & Rebirth

Death is simply a turning to a new page in our book of life.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---------------------------------------|-----------------|--|
| 23.1a | Gati Mahanama Sutta 1 | S 55.21 | A true follower will not die in vain. |
| 23.1b | Gati Mahanama Sutta 2 | S 55.22 | A true follower will not die in vain. |
| 23.2a | Anathapindika Sutta 1 | S 55.26 | Bedside ministry: 10 limbs of streamwinning. |

| | | | |
|-------|--|-----------|---|
| 23.2b | Anathapindika Sutta 2 | S 55.27 | Bedside ministry: 4 limbs of streamwinning. |
| 23.3 | Yodhajiva Sutta | S 42.3 | The mercenary killer's karma. |
| 23.4 | Gilana Phagguna Sutta | A 6.56 | Benefits of knowing the Dharma at the time of dying. |
| 23.5 | Chalabhijati Sutta | A 6.57 | We can rise above our own karma. |
| 23.6 | Hetu Sutta | S 24.7 | How the wrong view of non-causality arises. |
| 23.7 | Sappurisa Sutta | M 113 | The true individual and the false individual. |
| 23.8a | Nanakarana Puggala Sutta 1 | A 4.123 | Even the gods fall into hell. |
| 23.8b | Nanakarana Puggala Sutta 2 | A 4.124 | Non-return through dhyana. |
| 23.9 | Anathapindikovada Sutta | M 143 | S'riputta counsels a dying layman. |
| 23.10 | Karota Sutta | S 24.6 | How the doctrine of non-action arises. |
| 23.11 | Kukkuravatika Sutta | M 57 | As you act, by that you are reborn. |
| 23.12 | Danupapatti Sutta | A 8.35 | The morally virtuous giver can choose their rebirth. |
| 23.13 | Bhava Sutta 1-2 | A 3.76-77 | Karma, rebirth and existence. |
| 23.14 | Viññanatthiti | (Essay) | The stations for consciousness. |
| 23.15 | Kutuhalasala Sutta | S 44.9 | Rebirth is driven by karmic fuel. |
| 23.16 | Dighavu Sutta | S 55.3 | Streamwinning and the 6 constituents of true knowledge. |

SD 24 (2009): Mental Concentration (Samadhi) [ISBN 978-981-08-2839-4]

Samadhi is when the mind is fully and blissfully enjoying the present moment.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|--|------------------------|--|
| 24.1 | Samadhi Bhavana Sutta | A 4.41 | Four kinds of Samadhi. |
| 24.2 | Bhikkhuni Vasaka Sutta | S 47.10 | Directed and undirected cultivations. |
| 24.3 | Pabbateyya Gavi Sutta | A 9.35 | How to progress into the dhyanas. |
| 24.4 | Samadhi Vipphara Iddhi | Vism 12.30 | Those deep in dhyana cannot be hurt. |
| 24.5 | Meditation, the brain and survival | (Essay) | The mind can be independent of the body. |
| 24.6a | Anubaddha Bhikkhu Sutta | S 47.3 | The mind can only truly focus in mental solitude. |
| 24.6b | Wanderers of today | (Essay) | When the teacher is placed above the Teaching. |
| 24.7 | (Satipatthana) Maha Kappina Sutta | S 57.4 | Cultivating the breath meditation to reach samadhi. |
| 24.8 | Anussatiitthana Udayi Sutta | A 6.29 | The six bases of recollection. |
| 24.9 | Junha Sutta | U 4.4 | Sariputta, deep in samadhi, is unharmed by a yaksha's attack |
| 24.10a | Sanghatikanna Sutta | It 92 | He who practises the Dharma is near the Buddha. |
| 24.10b | Gadhabha Samana Sutta | A 3.81 | Growing through spiritual training. |
| 24.10c | (Ti) Sikkha Sutta | A 3.88 | Moral virtue, mental concentration and wisdom. |
| 24.11 | Pathama Jhana Panha Sutta | S 40.1 | How to progress in the first dhyana. |
| 24.12a | Dutiya Jhana Panha Sutta | S 40.2 | How to progress in the second dhyana. |
| 24.12b | Kolita Sutta | S 21.1 | Moggallana and the noble silence. |
| 24.13 | Tatiya Jhana Panha Sutta | S 40.3 | Progressing in the third dhyana. |
| 24.14 | Catuttha Jhana Panha Sutta | S 40.4 | Progressing in the fourth dhyana. |
| 24.15 | Akasanancayatana Panha Sutta | S 40.5 | Progressing in the sphere of infinite space. |
| 24.16 | Viññanancayatana Panha Sutta | S 40.6 | Progressing in the sphere of infinite consciousness. |
| 24.17 | Akincaññayatana Panha Sutta | S 40.7 | Progressing in the sphere of nothingness. |
| 24.18 | Nevasannasannayatana Panha Sutta | S 40.8 | Progressing in the sphere of neither-perception-nor-non-perception. |
| 24.19 | Animitta Cetosamadhi Panha Sutta | S 40.9 | Progressing in signless concentration. |
| 24.20 | Santatara Sutta | It 73 | The cessation of feeling and perception is more peaceful than formless states. |

SD 25 (2006d): Brahmajala Sutta (The Discourse on the Perfect Net)[SD 25 cover rev](#)SD 25.1 [Introduction to the Brahmajala Sutta](#)

| | Sutta reference | Theme |
|--|------------------------|-------------------------------|
| SD 25.2 The Brahmajala Sutta (translation) | D 1 | The 62 bases for wrong views. |

[A commentarial Guide to the Brahmajala Sutta](#)

[Bibliography](#)

SD 26 (2009): Not-self (anatta) [ISBN 978-981-08-2840-0]*There is no self—it is the idea of a self that limits us.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|--|------------------------|--|
| 26.1 | Dhamma and Abhidhamma | (Essay) | The nature and origins of Buddhist scholasticism and the dharma theory. |
| 26.2 | Buddhist Atomism | (Essay) | The theories of parama?u and kalapa. |
| 26.3 | Memes | (Essay) | How religion imprisons and spirituality liberates. |
| 26.4 | Anatta Udayi Sutta | S 35.234 | Neither the body nor the mind has a self. |
| 26.5 | Cula Saccaka Sutta | M 35 | The conversion of a boastful debater. |
| 26.6 | Chachakka Sutta | M 148 | Understanding the six senses leads to liberation. |
| 26.7 | Pathama Arahata Sutta | S 22.76 | How arhats arise. |
| 26.8 | Dhammaniyama Sutta | A 3.134 | The characteristics of impermanence, suffering and not-self. |
| 26.9 | Self & Selves | (Essay) | The nature of non-self and personal development. |
| 26.10 | Atthiraga Sutta | S 12.64 | The nature of the arhat’s consciousness. |
| 26.11 | Language and discourse | (Essay) | A brief survey of Buddhist philosophy of language, epistemology & logic. |
| 26.12 | Samanupassana Sutta | S 22.46 | Looking into the true nature of things. |

SD 27 (2009): Psychic power (iddhi) [ISBN 978-981-08-3513-2]*The greatest miracle is that of education.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|--|------------------------|--|
| 27.1 | Upali Sutta | M 56 | A famous Jain becomes the Buddha’s disciple. |
| 27.2 | Mahaka Patihariya Sutta | S41.4 | The psychic miracles of the monk Mahaka. |
| 27.3 | Adhipateyya Sutta | A 3.40 | On the true priorities that brings liberation. |
| 27.4 | Maha Vacchagotta Sutta | M 73 | Awakening of Vaccha,gotta as an arhat. |
| 27.5a | Miracles | (Essay) | The nature of supernatural and psychic powers. |
| 27.5b | Miraculous stories: Buddhist-Christian Parallels | (Essay) | Crossroads and by-paths in personal spirituality. |
| 27.6a | Pindola Bharadvaja | | Suttas, stories & significance of Pi??ola in the Pali sources. |
| | Pindola Bharadvaja | U4.6 | Pindola as an exemplary monk and mediator. |
| | Pindola Bharadvaja Sutta | S 36.127 | Pindola teaches Udena to overcome sensual lust. |
| | Pindola Bharadvaja Vatthu | DhA 14.2.2a | Pindola gives a public display of psychic power. |
| 27.6b | Arhats who became bodhisattvas | (Essay) | Stories & truth in Buddhist literature. |
| 27.7 | Iddhi Moggallana Sutta | S 51.31 | Moggallana’s psychic powers. |
| 27.8 | Pasadakampana Moggallana Sutta | S 51.14 | Using psychic powers to discipline others. |

SD 28 (2009): Parables 1 [ISBN 978-981-08-3533-0]*Our minds create the stories we live in.*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|---|
| 28.1 | Asivisopama Sutta | S 35.238 | The 4 elements, the aggregates & liberation. |
| 28.2a | Vuttha Vassavasa Sutta | A 9.11 | How to cultivate impartiality and humility. |
| 28.2b | (Sihanada) Sariputta Thera Vatthu | DhA 7.6 | A saint is never offended. |
| 28.3 | Rathavinita Sutta | M 24 | The stages of spiritual purification and liberation. |
| 28.4 | (Samyojana) Kotthita Sutta | S 35.232 | The Buddha has sense-experiences but is not fettered by them. |
| 28.5 | Darukkhandha Sutta | S 35.241 | Keeping to the middle way leads to liberation. |
| 28.6 | Udakupama Sutta | A 7.15 | Levels of spiritual commitment and attainment. |
| 28.7a | Gaddulabaddha Sutta 1 | S 22.99 | Dealing with the five aggregates. |
| 28.7b | Gaddulabaddha Sutta 2 | S 22.100 | Dealing with the five aggregates. |
| 28.8 | Vina sutta or Vinopama Sutta | S 35.246 | Training the mind to overcome sense-desires. |
| 28.9a | Pindolya Sutta | S 22.80 | The true purpose of the spiritual life. |
| 28.9b | Jivika Sutta | It 91 | The true purpose of the spiritual life. |
| 28.9c | Yasoja Sutta | It 3.3 | Spiritual resilience in the face of rejection. |
| 28.10 | (Khandha) Udayi Sutta | S 46.30 | Maha Udayi's lion-roar. |
| 28.11 | Latukikopama Sutta | M 66 | Overcoming all the fetters. |
| 28.12 | Vatthupama Sutta | M 7 | We are purified internally by the mind. |
| 28.13 | Vammika Sutta | M 23 | Similes for the spiritual training. |
| 28.14 | Iddhipada Vibhanga Sutta | S 51.20 | Keeping our meditation balanced. |
| 28.15 | Suda Sutta | S 47.8 | Meditation is like good cooking. |

SD 29 (2010) Elements [ISBN 978-981-08-4218-5]*Mind Matters*

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 29.1a | Bahu Dhatuka Sutta | M 115 | The 18-elements, dependent arising, possibilities. |
| 29.1b | On women's Inabilities | (Essay) | A comparative study of a controversial section of the Bahu Dhatuka Sutta (M 115) and its parallels. |
| 29.2 | Sattatthana Sutta | S 22.57 | A synchronic view of the aggregates. |
| 29.3 | Unnabha Brahmana Sutta | S 48.42 | 5 physical sense-faculties do not overlap. |
| 29.4 | Upaya Sutta | S 22.53 | Letting go of the five aggregates. |
| 29.5 | Salayatana Vibhanga Sutta | M 137 | Feelings and the spiritual life. |
| 29.6a | The body in Buddhism | (Essay) | The matter of the mind: a psychological investigation. |
| 29.6b | The person in Buddhism | (Essay) | Freeing the body, liberating the mind: a psychological investigation. |
| 29.7 | Hatthipadupama Sutta | S 35.236 f | The relativity of mind and body |
| 29.8 | Sanidana Sutta | S 14.12 | Wrong thoughts are conditioned. |
| 29.9 | Dhatunanatta Sutta | S 14.1 | The components of our being. |
| 29.10 | Eja Sutta 1 | S 35.90 | Not conceiving the senses in any way (abridged). |
| 29.11 | Eja Sutta 2 | S 35.91 | Not conceiving the senses in any way (in full). |
| 29.12 | (Dhatu) Samanabrahmana Sutta 1 | S 14.37 | Gratification, danger and escape regarding the elements. |
| 29.13 | (Dhatu) Samanabrahmana Sutta 2 | S 14.38 | Arising, passing away, gratification, danger & escape regarding the elements. |
| 29.14 | (Dhatu) Samanabrahmana Sutta 3 | S 14.39 | Elements and the 4 noble truths. |
| 29.15 | Ganda Sutta | A 9.15 | The nine bodily openings. |

| | | | |
|-------|--|---------|---|
| 29.16 | (Sankhitta) Catu Dhatu Sutta | S 14.30 | The four elements in brief. |
| 29.17 | (Dhatu) Pubbe Sambodha Sutta | A 9.15 | The Buddha's reflections on the elements. |
| 29.18 | Acarim Sutta | S 14.32 | The Buddha's reflections on the elements. |
| 29.19 | Samugghata Saruppa Sutta | S 35.30 | Non-conceiving the senses. |
| 29.20 | Samugghata Sappaya Sutta 1 | S 35.31 | Non-conceiving the senses. |
| 29.21 | Samugghata Sappaya Sutta 2 | S 35.32 | Non-conceiving the senses. |

SD 30 – 39

Note:

(a) A sutta whose title is preceded by an asterisk (*) means that it is only an excerpt.

(b) All files are in pdf.

SD 30: Skillful means (ISBN 978-981-08-5648-9)

Skillful means is the virtuous peak of wisdom and compassion.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|--|
| 30.0 | contents & tmc activities | | SD 30 contents; sutta classes & courses at TMC |
| 30.1 | Pañcakanga Sutta | S 36.19 = M 59 | Models of truth and true happiness. |
| 30.2 | Maha Vedalla Sutta | M 43 | The body, the mind, and liberation. |
| 30.3 | Sabbasava Sutta | M 2 | Methods of overcoming defilements. |
| 30.4 | Bahavedaniya Sutta | M 59 = S 36.19 | Models of truth and true happiness. |
| 30.5 | Sonadanda Sutta | D 4 | The characteristic of a true brahmin. |
| 30.6 | Attha Mettanisamsa Sutta | A 8.1 | The 8 benefits of lovingkindness cultivation. |
| 30.7 | Metta Bhavana Sutta | It 1.3.7 | The benefits of lovingkindness. |
| 30.8 | Upaya: skillful means | (Essay) | Skillful means and its significance. |
| 30.9 | (Dasaka) Upali Sutta | A 10.99 | Upali is advised not to live the solitary forest life. |
| 30.10 | Dhammaññu Sutta | A 7.64 | The qualities of a true individual. |

SD 31: Latent tendencies (ISBN 978-981-08-6586-3)

Our habits keep us in an endless cyclic rut.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|--|
| 31.0 | contents; related classes and activities | | SD 31 contents; sutta classes and courses at TMC |
| 31.1 | Pahana Sutta | S 36.3 | Overcoming the latent tendencies. |
| 31.2 | (Kammavada) Bhumiya Sutta | S 12.25 | Not all karmas arise consciously. |
| 31.3 | Anusaya: Latent tendencies | (Essay) | The self, habits, awareness and liberation. |
| 31.4 | Aññatara Bhikkhu Sutta 1 | S 22.35 | We are what we know. |
| 31.5 | Magandiya Sutta | M 75 | The disadvantages of sensual pleasures. |
| 31.6 | Acchariya Sutta | A 4.128 | The marvels associated with the Buddha's Arising. |
| 31.7 | Sexuality: a Buddhist perspective | (Essay) | Sexuality: A Buddhist perspective. |
| 31.8a | Anusaya Ananda Sutta | A 3.32a | Possibility of overcoming I-making. |
| 31.8b | Anusaya Sariputta Sutta | A 3.32b | Overcoming I-making. |
| 31.9 | Unconscious Views | (Essay) | An examination of some Buddhist terms for mind-body processes. |
| 31.10 | Ahara Avijja Sutta | A 10.61 | Conditions giving rise to ignorance and to liberation. |
| 31.11 | Ahara Tanha Sutta | A 10.62 | Conditions giving rise to craving and to liberation. |
| 31.12 | Three Roots Inc | (Essay) | How the three unwholesome roots are institutionalized. |
| 31.13 | Mana Sona Sutta | S 22.49 | The three psychological complexes. |

- 31.14 [Aññātara Bhikkhu Sutta 2](#) S 22.36 We are our latent tendencies.
 31.15 [Tanha Jalini Sutta](#) A 4.199 How craving manifest itself in 108 ways.

SD 32: Mental Hindrances (ISBN 978-981-08-7376-9)

A mental hindrance is when the mind sees not itself.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 32.0 | SD 32 contents; classes and courses at TMC | | Contents and TMC activities. |
| 32.1 | Nivarana, mental hindrances | (Essay) | The 5 barriers to mental focus and how to break through them. |
| 32.2 | Kamacchanda, desire for sense-pleasures | (Essay) | Desire for sense-pleasures: the 1st of the five mental hindrances. |
| 32.3 | Avarana Sutta | A 5.51 | The 5 mental hindrances are like mountain streams. |
| 32.4 | Cula Dhamma Samadana Sutta | M 45 | 4 types of behaviour in terms of moral virtue. |
| 32.5 | Vyapada, ill will | (Essay) | Ill-will: the 2nd of the five mental hindrances. |
| 32.6 | Thinamiddha, sloth and torpor | (Essay) | Sloth and torpor: the 3rd of the five mental hindrances. |
| 32.7 | Uddhaccakukkucca: restlessness and worry | (Essay) | Restless and worry: the 4th of the five mental hindrances. |
| 32.8 | Vicikiccha, spiritual doubt | (Essay) | Spiritual doubt: the 5th of the five mental hindrances. |
| 32.9 | Kandaraka Sutta | M 51 | The 4 kinds of persons. |
| 32.10 | Kim Mulaka Sutta | A 8.83 | The nature of all things in brief. |
| 32.11 | Sannojana Sutta | S 41.1 | Citta explains the nature of the mental fetters to the monks. |
| 32.12 | Thinamiddha Tissa Sutta | S 22.84 | Drowsiness can be overcome by insight. |
| 32.13 | Suppati Sutta | S 4.7 | The wise deserve their rest. |
| 32.14 | (Majjhima) Cetokhila Sutta | M 16 | How the mind can be enriched and liberated. |
| 32.15 | Kankha Revata Sutta | U 5.7 | Spiritual purification through overcoming doubt. |
| 32.16 | Bibliography | | Bibliography |

SD 33: Dhyana (ISBN 978-981-08-7377-6)

Dhyana is the mind fully and blissfully free from the body.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|--|
| 33.0 | contents; sutta classes & related courses | | SD 33 contents; sutta classes and TMC courses |
| 33.1a | Samadhi | (Essay) | The significance of mental concentration in early Buddhism. |
| 33.1b | The Buddha discovered dhyana. | (Essay) | The nature of dhyana as a basis for liberation 33.1b (2.1) Pancalacanda Sutta (S 2.7). |
| 33.2 | Pancalacanda Sambadha Sutta | A 9.42 | The Buddha is the discoverer of dhyana. |
| 33.3a | Vivekaja Sutta | S 28.1 | How an arhat enjoys meditation. |
| 33.3b | Ekadasaka Cetanakaraniya Sutta | A 11.2 | Spiritual growth progresses naturally from moral virtue. |
| 33.4 | Vitakkavicara | (Essay) | Thinking, mindfulness and dhyana. |
| 33.5 | Gopaka Moggallana Sutta | M 108 | Not all dhyanas are praised by the Buddha. |
| 33.6 | Rahogata Sutta | S 36.11 | Dhyana and feeling. |
| 33.7 | (Arahatta) Bahiya Sutta | U 1.10 | The time to learn is now (Bahiya Daruciriya). |
| 33.8 | Asavakkhaya Jhana Sutta | A 9.36 | The dhyanas lead to spiritual liberation. |
| 33.9 | Nanakarana Metta Sutta 1 | A 4.125 | Going to heaven can end up in being reborn in the hells. |
| 33.10 | (Nanakarana) Metta Sutta 2 | A 4.126 | Cultivating the divine abodes to attain non-return. |
| 33.11 | Annathatta Ananda Sutta 1 | S 22.37 | The aspects of impermanence. |

- 33.12 [Annathatta Ananda Sutta 2](#) S 22.38 The aspects of impermanence.
- 33.13 [Samadhi Pancangika Sutta](#) A 5.28 Characteristic of dhyana.
- 33.14 [Uddesa Vibhanga Sutta](#) M 138 How to be mindful internally and externally.

SD 34: Spiritual Friendship (ISBN 978-981-08-7378-3)

A spiritual friend is one who keeps our hearts calm and clear.

| SD No. | Chapter title | Sutta reference | Theme |
|--------|--|--------------------|--|
| 34.0 | SD 34 contents | | SD 34 contents |
| 34.1 | Spiritual friendship: a textual study | Essay | The nature and duties of friendship. |
| 34.2 | Meghiya Sutta | A 9.3 ~ U 4.1 | Spiritual friendship is conducive to mental development. |
| 34.3 | Kalyanamitta Appamada Sutta or Kalyanamitta Sevana Sutta or Kalyanamitta Sutta or Appamada Sutta | S 3.18 | The Buddha as a spiritual friend. |
| 34.4 | Potthilathera Vatthu | DhA 20.7 on Dh 282 | The power of faith in spiritual growth. |
| 34.5 | Cult Buddhism | Essay | The blurring and abuse of Buddhism. |
| 34.6 | Cankamana Sutta or Cankama Sutta | S 14.15 | We tend to see others in own own image. |
| 34.7 | Catuma Sutta | M 67 | Four dangers that renunciants must overcome. |
| 34.8 | Salavatika Lohicca Sutta | D 12 | Good teachers and bad teachers. |
| 34.9 | Upaddha Sutta | S 45.2 | Spiritual friendship is the holy life. |
| 34.10 | Kalyanamittata Sariputta Sutta | S 45.3 | Spiritual friendship is the whole of the holy life. |
| 34.11 | Kalyanamitta Sutta | S 45.49 | The external condition for the noble eightfold path. |
| 34.12 | Yoniso Manasikara Sampada Sutta | S 45.55 | The internal condition for the noble eightfold path. |
| 34.13 | Piya Mitta Sutta 1 | A 7.35 | Qualities of a true friend (a layman). |
| 34.14 | Piya Mitta Sutta 2 | A 7.36 | Qualities of a true friend (a monastic). |
| 34.15 | Sabbhi Sutta | S 1.31 | Associating with the good. |

SD 35: Wisdom 2 (ISBN 978-981-08-9269-2)

The truth is in here (in your heart).

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|--|
| 35.0 | SD 35 contents & TMC activities | Contents | SD 35 contents; sutta classes & courses at TMC |
| 35.1 | Necessity and sufficiency in early Buddhist conditionality | Essay | Basic notions in dependent arising. |
| 35.2 | Lokayatika Brahmana Sutta | A 9.38 | The world's end cannot be reached by going. |
| 35.3 | Kundaliya Sutta | S 46.4 | The Buddha's teaching leads to spiritual liberation. |
| 35.4a | Kesaputtiya Sutta or Kalama Sutta or Kesamitti(ya) Sutta | A 3.65 | True religious worth spiritual assurance. |

| | | | |
|-------|--|------------------|---|
| 35.4b | Kesaputtiya Sutta, a comparative study | A 3.65, MA 16 | The Pali sutta and the Chinese Agama version. |
| 35.5 | Apannaka Sutta | M 60 | Why doing good is better than not. |
| 35.6 | Vimamsaka Sutta | M 47 | Even the Buddha should be investigated. |
| 35.7 | Sandaka Sutta | M 76 | False religions. |

SD 36a: Buddhism & Mythology (ISBN 978-981-08-9876-2)

A myth tells us more about ourselves than real life can [2012a, last updated on 8 Dec 2011]

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|--|
| 36.0 | SD 36a contents & TMC activities | Contents | SD 36 contents; sutta classes & courses at TMC |
| 36.1 | Myth in Buddhism | Essay | Symbols and stories in our actions and the potential for good. |
| 36.2 | Buddha as Myth | Essay | Universal themes in the Buddha's life. |
| 36.3 | Subha Sutta | S 4.3 | Restraint of body and mind keeps Mara away. |
| 36.4 | Mara Tajjaniya Sutta | M 50 | Moggallana's past life as Mara Dusi. |
| 36.5 | Satta Vassa Sutta | S 4.24 | Mara is unable to find a single weakness in the Buddha. |
| 36.6 | Mara Dhitu Sutta | S 4.25 | The Buddha is not affected by negative past memories. |
| 36.7 | Pajjota Sutta | S 1.26 | The source of light and heat. |
| 36.8 | Magadha Sutta | S 2.4 | The source of light and heat. |
| 36.9 | Lakkhana Sutta | D 30 | The 32 marks of a great man. |

SD 36b: Buddhism & Mythology (ISBN 978-981-07-1740-7)

A myth tells us more about ourselves than real life can [2012a, last updated on 10 Mar 2012]

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|--|
| 36b | 36b contents & TMC activities | Contents | SD 36b contents; sutta classes & courses at TMC |
| 36.10 | Cakkavatti Sihanada Sutta | D 26 | Political power and spiritual power. |
| 36.11 | Mara Samiddhi Sutta | S 4.22 | Mara is overcome by knowledge. |
| 36.12 | Maha Sudassana Sutta | D 17 | A mythology of meditation. |
| 36.13 | (Pada) Dona Sutta | A 4.36 | The Buddha is only one of a kind. |
| 36.14 | Dona Brahmana Sutta | A 5.192 | 5 types of brahmins and five types of monastics. |
| 36.15 | (Tathagata) Acchariya Sutta 1 | A 4.127 | 4 marvels attending the Buddha's advent & Buddhist developments. |
| 36.16 | Gomaya Sutta | S 22.96 | The impermanence of all luxuries. |
| 36.17 | Maha Sudassana Jataka | J 95 | A mythology of impermanence. |

SD 37: Right livelihood 1 (ISBN 978-981-07-2205-0)

Right livelihood is living and working as if life and happiness really matter

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|---|
| 37.0 | SD 37 Contents & TMC activities | Contents | SD 37 contents; sutta classes & courses at TMC |
| 37.1 | Vasettha Sutta | M 98 | You are what you do. |
| 37.2a | Papanika Sutta 1 | A 3.19 | The conditions for wealth to arise. |
| 37.2b | Papanika Sutta 2 | S 3.20 | How to be rich and happy. |
| 37.3 | Runna Sutta | A 3.103 | The way of the world is not for monastics. |
| 37.4 | Nalakapana Sutta | M 68 | The destinies of the true disciples and the purpose of the holy life. |
| 37.5 | Ina Sutta | A 6.45 | Karma is like debts and interests that accumulate. |
| 37.6 | Ariya Dhana Sutta 1 & 2 | A 7.5 & A 7.6 | The virtues of great assistance & the laymen's great commission. |

| | | | |
|-------|---|--------------------------|--|
| 37.7 | Anangana Sutta | M 5 | A monastic's right livelihood. |
| 37.8 | Right livelihood | Essay | The nature of wealth & living the spiritual life in the world. |
| 37.9 | Esukari Sutta | M 96 | The nature of true service. |
| 37.10 | (Cirathita) Kula Sutta | A 4.255 | Four things that make a wealthy family stand long. |
| 37.11 | Navaka Upagantabba Kula Sutta | A 9.17 | Nine conditions when a family may be approached. |
| 37.12 | Patta Kamma Sutta | A 4.61 | How to enjoy the benefits of both worlds. |
| 37.13 | How Pasenadi overcomes his gluttony | S 3.13; DhA 15.7 | Donapaka Sutta & Pasenadi Kosala Vatthu. |
| 37.14 | How robes are recycled | V 2:290; DhA 2.1 & J 157 | Accounts from the Vinaya and Commentaries. |

SD 38: Love & compassion (ISBN 978-981-07-3178-6) [2012]

Love is the wisdom and action as if others are our mirrors

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|--|
| 38.0 | SD 38 contents, TMC courses & activities | Contents | SD 38 contents; sutta classes & courses at TMC |
| 38.1 | Kakacupama Sutta | M 21 | Monastics must practise complete patience and non-violence. |
| 38.2 | Candupama Sutta | S 16.3 | Impure and pure ways of teaching the Dharma. |
| 38.3 | Karaniya Metta Sutta | Khp 9 = Sn 1.8 | How to cultivate lovingkindness. |
| 38.4 | Love | Essay | Love: a Buddhist perspective on friendship, humanity and life. |
| 38.5 | Brahmavihara: the divine abodes | Essay | The practical cultivation of divinity in man. |
| 38.6 | (Brahmavihara) Subha Sutta | M 99 | Godliness is within ourselves. |
| 38.7 | (Piya) Mallika Sutta | S 3.8 = U 5.1 | As we love ourselves, so do others love themselves. |
| 38.8 | (Pasenadi) Piya Sutta | S 3.4 | How to love ourself. |
| 38.9 | Atta Rakkhita Sutta | S 3.5 | The best protection is self-protection. |

SD 39: Karma 3 [ISBN 978-981-07-4839-5] (2012)

We are what we think, say and do

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|--|
| 39.0 | SD 39 contents | Contents | SD 39 contents; sutta classes & courses at TMC |
| 39.1 | Group Karma | Essay | Group karma? An early Buddhist perspective. |
| 39.2 | Isayo Samuddaka Sutta | S 11.10 | Bad comes to the bad-doer. |
| 39.3 | Sabba Kamma Jaha Sutta or Kammavipakaja Sutta | U 3.1 | How to be untroubled by karma. |
| 39.4 | Payasi Sutta | D 23 | Karma, rebirth and proper giving. |
| 39.5 | (Jati) Paccaya Sutta | S 12.20 | Dependent arising as natural order of things. |
| 39.6 | Aghata Pativinaya Sutta | A 5.162 | Anger management. |
| 39.7 | Samsappaniya Pariyaya Sutta | A 10.205 | We are our own karma. |
| 39.8 | Sevitabasevitabba Sutta | M 114 | Things that are helpful and that are unhelpful in our life. |
| 39.9 | Asibandhakaputta Sutta | S 42.6 | Prayers do not affect a person's destiny or afterlife. |
| 39.10 | (Kamma) Mallika Sutta | A 4.197 | Beauty, wealth and power as karmic fruits. |
| 39.11 | (Brahmacariya) Maha Kotthita Sutta | A 9.13 | The reward of holy life is not good karma, but liberation through the truth. |
| 39.12 | (Avijja) Paccaya Sutta | S 12.27 | Specific conditionality and ignorance as the root of dependent arising. |

SD 40 – 49

Note: (a) A sutta whose title is preceded by an asterisk (*) means that it is only an excerpt. (b) All files are in pdf.

SD 40a (part 1 of 2): Levels of learning 1 [2013a, ISBN 978-981-07-5667-3]

We are body-mind processes shaped by feelings and liberated by wisdom

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|--|
| 40a.0 | Contents & TMC activities | | |
| 40a.1 | The Notion of Ditthi | Essay | The nature of doubt, views and right view in early Buddhism. |
| 40a.2 | Assalayana Sutta [Discourse to Assalayana] | M 93 | Purity is not on account of birth or rebirth. |
| 40a.3 | .Yavakalapi Sutta [Discourse on the Sheaf of Barley] | S 35.248 | How our senses affect our thinking. |
| 40a.4 | Levels of learning | Essay | On the nature and progress of spiritual maturation. |
| 40a.5 | Cula Hatthipadopama Sutta [Discourse on the Elephant's Hoofprint Parable] | M 27 | The training of the true disciple. |
| 40a.6 | .Pasadika Sutta [Discourse on the Delightful] | D 29 | The conditions for failure and for success in a religion. |

SD 40a (part 2 of 2): Levels of learning 2 [2013b, ISBN 978-981-07-6628-3]

We are body-mind processes shaped by feelings and liberated by wisdom

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|--|
| 40a.0 | Contents & TMC activities | | |
| 40a.7 | Nigantha Nataputta Sutta [Discourse to Nirgrantha Nataputta] | S 41.8 | Citta Gahapati does not go by faith and confounds Nataputta. |
| 40a.8 | Emotional independence : awakening begins with seeing the truth within | Essay | A study of the 3 lower mental fetters. |
| 40a.9 | Cula Vedalla Sutta [Discourse on the Shorter Catechism] | M 44 | The nature of the awakened mind. |
| 40a.10 | Unanswered questions : a study of the undetermined or indeterminable theses | Essay | Asking the right questions, that's the answer. |
| 40a.11 | Avyakata Sutta [Discourse on the Undetermined] | A 7.5 | The true seeker is unconcerned with the afterlife. |
| 40a.12 | Pancattaya Sutta [Discourse on the Five and the Three] or Pancayatana Sutta [Discourse on the Five Bases] | M 102 | Speculations about the past, the future and nirvana. |
| 40a.13 | (Ananda) Subha Sutta [Discourse to Subha (by Ananda)] | D 10 | The three trainings. |
| 40a.14 | Nana Titthiya Sutta 1 [First Discourse on the Various Sectarians] | U 6.4 | The blind men and the elephant. |
| 40a.15 | Vekhanassa Sutta [Discourse to Vekhanassa] | M 80 | Recall of past lives not |

| | | | |
|--------|--|--------|---|
| 40a.16 | (Ahita) Thera Sutta [Discourse on the Elder (who is unbeneficial)] | A 5.88 | necessary for spiritual liberation. Even famous teachers can have wrong views. |
|--------|--|--------|---|

SD 40b: How Buddhism Became Chinese [2008, 3rd rev 2009, ISBN 978-981-08-3447-0]

We should not change Buddhism; we should change ourselves

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|---|
| 40b.0 | Contents & TMC activities & Detailed contents | | |
| 40b.1 | Buddhist growth in China | Essay | A reflection on the (Ahita) Thera Sutta (A 5.88). |
| 40b.2 | Chinese challenges to Buddhism | Essay | Buddhist interactions with Confucianism and Daosim; and Chinese Mahayana. |
| 40b.3 | Cosmic Buddhas and Paradises | Essay | A psychological analysis of Chinese Buddhism. |
| 40b.4 | The soul of Chinese Buddhism | Essay | Buddha nature and universal awakening: the rise of Chinese Buddhist humanism. |
| 40b.5 | Transmission outside the scriptures | Essay | The evolution of Chan Buddhism as a religion in its own right. |
| 40b.6 | Modern insights into Chinese Buddhism | Essay | Some new directions in Chinese Buddhism. |
| 40b.7 | Conclusion: Going back to the source | Essay | Contemporary developments in Chinese Buddhism. |
| 40b.8 | Bibliography | Essay | |
| 40b.9 | Glossary of Chinese Terms | Essay | A partial index to the book. |

SD 41: Samatha & Vipassana [2013c, ISBN 978-981-07-7315-1]

Samatha and vipassana work together like the two wings of a flying bird

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 41.0 | SD 41 contents | | |
| 41.1 | Samatha and vipassana | Essay | Calm and insight in mindfulness training and liberation |
| 41.2 | Atthakanagara Sutta [Discourse to an Atthakanagara Man]= Dasama Sutta [Discourse to Dasama] | M 52= A 11.17 | 11 ways to awakening. |
| 41.3 | (Samatha Vipassana) Samadhi Sutta 3 [Third Discourse on Samadhi (in terms of calm and insight)] | A 4.94 | 4 ways of meditating for awakening. |
| 41.4 | (Duka) Patisallana Sutta [Discourse on Solitude] | It 45 | The benefits of a balanced practice |
| 41.5 | (Yuganaddha) Patipada Sutta [Discourse on the (Twin) Path] | A 4.170 | The 4 modes of progress in terms of samatha and vipassana |
| 41.6 | (Dasaka) Cetanakaraniya Sutta [(Ten) “Needless of Intention” Discourse] | A 10.2 | Spirituality arises naturally with moral virtue. |
| 41.7 | Makkata Sutta [Discourse on the Monkey] | S 47.7 | The meditative mind keeps Mara away. |
| 41.8 | Cula Assapura Sutta [Lesser Discourse at Assapura] | M 40 | True |

| | | | |
|-------|--|----------|---|
| | | | reclusheship does not depend on external observances. |
| 41.9 | Maha Salayatani Sutta [Great Sixfold Sense-based Discourse] | M 149 | Comprehending the senses brings awakening |
| 41.10 | Avarana Nivarana Sutta [Discourse on Obstructions and Hindrances] or Nivaranavarana Sutta [Discourse on Hindrances and Obstructions] | S 46.38 | What stalls and what expedites our spiritual cultivation. |
| 41.11 | Anuggahita Sutta [The Discourse on the Supported] | A 5.25 | Conditions for the arising of right view. |
| 41.12 | Samadhi Samapatti Sutta [Discourse on Samadhi Attainment] or Samadhi Mulaka Samapatti Sutta [Discourse on the Root Attainment in Samadhi] | S 34.1 | 4 types of meditators. |
| 41.13 | (Satipatthana) Nivarana Sutta [Discourse on the Hindrances (Relating to Satipatthana)] | A 9.64 | 5 hindrances are abandoned by the 4 satipatthana. |
| 41.14 | Himavanta Sutta [The Himalaya Discourse] | A 6.24 | Meditative attainment is able to shatter mountains. |
| 41.15 | Samadhi Bala Sutta [Discourse on Strength (in Samadhi)] | A 7.72 | How to strengthen our meditation. |
| 41.16 | Vasa Sutta [Discourses on Mastery or Discourse on the Obedient Wife] or Vasa Sutta 1 (A 7.38a), or Vasa Sutta 2 (A 7.38b) | A 7.38ab | The sevenfold mastery in meditation. |
| 41.17 | Samadhi Mulaka Thiti Sutta [Discourse on Remaining Rooted in Samadhi] | S 34.2 | We need to learn to remain for a proper duration in mental stillness. |
| 41.18 | Samadhi Mulaka Vutthana Sutta [Discourse on Samadhi-rooted Emerging] | S 34.3 | Emerging from samadhi at the right time is a wholesome skill. |
| 41.19 | Samadhi Mulaka Kallita Sutta [Discourse on Samadhi-rooted Fitness] | S 34.4 | We need to keep ourselves fit for meditation. |
| 41.20 | Samadhi Mulaka Arammana Sutta [Discourse on the Samadhi-rooted Concentration-subject] | S 34.5 | The right concentration-subject brings about samadhi. |
| 41.21 | Samadhi Mulaka Gocara Sutta [Discourse on the Samadhi-rooted Resort] | S 34.6 | Knowing the resort for samadhi improves our meditation. |
| 41.22 | Samadhi Mulaka Abhinihara Sutta [Discourse on the Samadhi-rooted Resolution] | S 34.7 | Knowing samadhi and proper personal resolution for samadhi. |
| 41.23 | Samadhi Mulaka Sakkaccakari Sutta [Discourse on the Samadhi Rooted Care] | S 34.8 | Samadhi practised with care brings it to success. |
| 41.24 | Samadhi Mulaka Sataccakari Sutta [Discourse on the Samadhi-rooted | S 34.9 | Commitment to |

commitment]

samadhi
assures the
success of our
meditation.41.25 [Samadhi Mulaka Sappayakari Sutta](#) [Discourse on the Samadhi-rooted Suitability] S 34.10Suitability of
samadhi
guarantees the
success of our
meditation.41.bib [Bibliography](#)**SD 42: Impermanence & Diligence (2013d) [ISBN 978-981-07-8584-0]
Impermanence in our lives means that every moment of effort counts**

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|---|
| 42.0 | contents & courses | | |
| 42.1 | Alabbhaniya Thana Sutta [Discourse on the Unattainable States] | A 5.48 | 5 kinds of realities we must all face. |
| 42.2 | Lokadhamma Sutta 1 [First Discourse on the Worldly Conditions] | A 8.5 | 4 pairs of uncertainties in life (in brief). |
| 42.3 | Lokadhamma Sutta 2 [Second Discourse on the Worldly Conditions] | A 8.6 | 4 pairs of uncertainties in life (in detailed). |
| 42.4 | Upatissa Sutta [Upatissa Discourse] | S 21.2 | Sariputta's perception of the Buddha. |
| 42.5 | (Ananda) Jara Sutta [(Ananda) Discourse on Decay] | S 48.41 | Even the Buddha's body decays physically |
| 42.6 | Na Santi Sutta ["There are No" Discourse] | S 1.34 | Suffering is rooted in lust. |
| 42.7 | Thapati Sutta [Chamberlain Discourse] | S 55.6 | The qualities of a streamwinners. |
| 42.8 | Assaji Sutta [Assaji Discourse] | S 22.88 | What if we cannot attain concentration. |
| 42.9 | Arahata Sutta 2 [Second Discourse on the Arhats] | S 22.77 | 3 characteristic and 5 aggregates. |
| 42.10 | (Anicca) Siha Sutta [Lion Discourse on Impermanence] | S 22.78 | How to meditate on the 5 aggregates. |
| 42.11 | Dahara Sutta [Discourse on the Young] | S 3.1 | Do not look down upon the young. |
| 42.12 | (Raja) Jara Marana Sutta [(Rajah) Discourse on Decay and death] | S 3.3 | Even the most powerful must die, |
| 42.13 | Mada Sutta [Discourse on Intoxication] | A 3.39 | 3 kinds of intoxication |
| 42.14 | (Mallika Kalakata) Kosala Sutta [Kosala Sutta (on Mallika's Death)] | A 5.49 | Impermanence, death and success in life. |
| 42.15 | (Catukka) Siha Sutta [Lion Discourse (the Fours)] | A 4.33 | Even the gods fear impermanence. |
| 42.16 | (Dve) Roga Sutta [Discourse on (the 2 kinds of) Diseases] | A 4.157 | We should be |

| | | | |
|------------|---|-----------|--|
| | | | both physically and mentally happy. |
| 42.17 | (Anicca) Khandha Sutta [(Impermanence) Aggregates Discourse] | S 25.10 | The impermanence of the 5 aggregates and streamwinning. |
| 42.18 | Nadi Sutta [Discourse on the River] | S 22.93 | Grasping at any notion of self only brings us suffering. |
| 42.19 | Sara Sutta [Heartwood Discourse] | S 48.55 | Faculty of wisdom is the state most conducive for awakening. |
| 42.20 | (Khandha) Dukkha Sutta [(Aggregate) Discourse on Suffering] | S 22.104 | “Basic set” of the 4 truths. |
| 42.21 | (Khandha) Sakkaya Sutta [Discourse on Self-identity] | S 22.105; | The 4-truths of self-identity. |
| 42.21(1.2) | Sutta [Discourse on Self-identity Question] | 38.15 | |
| 42.22 | (Chakka) Appamada Sutta [Discourse on Diligence (the Sixes)] | A 6.53 | Diligence is both beneficial here and hereafter. |
| 42.23 | (Dasaka) Appamada Sutta [Discourse on Heedfulness (the Tens)] | A 10.15 | Diligence is the foremost of wholesome states (in brief). |
| 42.24 | Saragandha Sutta [Discourse of Heartwood Fragrance] | S 45.143 | Diligence is the foremost of wholesome state (detailed). |

SD 43: Healing (2014a) [ISBN 978-981-09-0804-1]

Healing starts with self-acceptance and grows with unconditional love.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|--|---|---|
| 43.0 | SD 43 contents & TMC activities | | |
| 43.1 | Buddhism as a method of self-healing | Essay | Acceptance and Commitment Therapy (ACT) as a tool for appreciating Buddhism. |
| 43.2 | Kisa Gotami | S 5.3; Thi 64; AA 1:137-180; DhA 8.13+20.11 | An early case of a psychological defence of denial. |
| 43.3 | Patacara | Thi 47-50 | The woman who lost all whom she loved by found true happiness; and her followers. |
| 43.4 | (Majjhima) Jivaka Sutta | M 55 | On the demerit of killing and meat-eating. |
| 43.5 | Parihana Sutta | A 10.55 | Learning the Dharma for self-mastery. |
| 43.6 | Salha Sutta | A 3.66 | On the possibility of overcoming greed, hate and delusion. |
| 43.7 | (Arahatta) Nanda Sutta | U 22 | Nanda overcomes sexual lust. |
| 43.8 | (Gahapati) Potaliya Sutta | M 54 | The true meaning of renunciation. |
| 43.9 | Kassaka Sutta | S 4.19 | Mara as our senses. |

| | | | |
|-------|-----------------------------------|---------|---|
| 43.10 | Patilina Sutta | A 4.38 | The qualities of a true dhyana meditator. |
| 43.11 | Gilana Sutta 1 | S 46.14 | Maha Kassapa's illness is overcome through reflecting on the awakening-factors. |
| 43.12 | Gilana Sutta 2 | S 46.15 | Moggallana's illness is overcome through reflecting on the awakening-factors. |
| 43.13 | Gilana Sutta 3 | S 46.16 | The Buddha's illness is overcome through reflecting on the awakening-factors. |
| 43.14 | Ariyavasa Sutta 1 | A 10.19 | The 10 qualities of an arhat. |
| 43.15 | Ariyavasa Sutta 2 | A 10.20 | The 10 qualities of an arhat defined. |

SD 44: Solitude & Silence (2014b) [ISBN 978-981-09-3637-2]

Solitude is an effective way of self-healing and liberation

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|---|------------------------|--|
| 44.0 | SD 44 contents & TMC activities | | |
| 44.1 | Silence and the Buddha | Essay | Spiritual liberation, the limits of language, and the Buddha's wisdom. |
| 44.2 | Paviveka Sutta | A 3.92 | The nature of true spiritual solitude. |
| 44.3 | Bhaya Bherava Sutta | M 4 | Overcoming fear during solitary practice. |
| 44.4 | Dhammavihari Sutta 1 | A 5.73 | The Dharma is experienced with inner calm. |
| 44.5 | Dhammavihari Sutta 2 | A 5.74 | The Dharma's meaning can only be understood with wisdom. |
| 44.6 | Migajala Sutta 1 | S 35.63 | True solitude. |
| 44.7 | Migajala Sutta 2 | S 35.64 | True solitude leading to arhathood. |
| 44.8 | Sona Kolivisa Theragatha | Tha 632-644 | Mental joy of solitude. |
| 44.9 | Icchanangala Sutta | S 54.11 | The Buddha's noble dwelling. |
| 44.10 | Kula Gharani Sutta | S 9.8 | The arhat may be with the world, but is not of the world. |
| 44.11 | Cula Gosinga Sutta | M 31 | Silence and the joy of spiritual communion. |
| 44.12 | Maha Gosinga Sutta | M 32 | The saints' views of the ideal monastic. |
| 44.13 | (Atthaka) Panna Sutta | A 8.2 | Eight ways conducive to the rising of wisdom. |
| 44.14 | Jivakambavana Sutta 1 | S 35.160 | How to meditate effectively. |
| 44.15 | Jivakambavana Sutta 2 | S 35.161 | The benefits of mental solitude. |
| 44.16 | Dasaka Uttiya Sutta | A 10.95 | How much of the world is liberated. |
| 44.17 | Devahita Sutta | S 7.13 | When giving brings great fruit (brief). |
| 44.18 | Issattha Sutta | S 3.24 | When giving brings great fruit (detailed). |

SD 45: Faith & giving (2014c) [ISBN 978-981-09-4801-6]

True giving is rooted in joy and flowers in appreciating others.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme & YouTube links |
|---------------|--|------------------------|--|
| 45.0 | SD 45 contents & TMC activities | | |
| 45.1 | (Saddha) Subhuti Sutta | A 11.15 | The 11 qualities and harvests of faith. |
| 45.2 | (Pancaka Danaphala) Siha Sutta | A 5.34 | The fruits of giving visible in this life. |
| 45.3 | Dananisamsa Sutta | A 5.35 | The 5 benefits of giving. |
| 45.4 | Cula Punnama Sutta | M 110 | The false person and the true individual. |
| 45.5 | Dhananjani Sutta | S 7.1 | Killing what benefits us? |
| 45.6 | (Sappurisasappurisa) Vassakara Sutta | A 4.187 | The good person and the bad person on a worldly level. |

| | | | |
|-------|--|---------------|--|
| 45.7a | Sela Sutta | M 92 = Sn 3.7 | The story of the matted-hair ascetic Keniya and the brahmin Sela. |
| 45.7b | Keniya Jatila Vatthu | Mv 6.35 | Monastics are allowed certain beverages outside the proper time. |
| 45.8 | (Licchavi) Bhaddiya Sutta | A 4.193 | True conversion is personal transformation and spiritual awakening. |
| 45.9 | (Pancaka) Saddha Sutta | A 5.38 | The 5 benefits of being faithful. |
| 45.10 | (Sotapattiyanga) Vassa Sutta | S 55.38 | The true faith of the saints. |
| 45.11 | Karanapali Sutta | A 5.194 | The 5 marks of faith. |
| 45.12 | Candala Sutta | A 5.175 | The qualities of a true lay follower. |
| 45.13 | (Catukka) Aggappasada Sutta | A 4.34 | 4 aspect of true faith leading to awakening. |
| 45.14 | (Arahatta) Acelaka Kassapa Sutta | S 41.9 | Citta the householder as a non-returner & the naked ascetic Kassapa as an arhat. |
| 45.15 | (Hatthigamaka) Ugga Sutta | A 8.22 | 8 qualities of a layman non-returner. |
| 45.16 | Pabbajja: A very short history | Essay | Pabbajja: A very short history. |
| 45.17 | (Tika) Aggappasada Sutta | It 90 | 3 kinds of foremost faith. |
| 45.18 | Paharada Sutta | A 8.19 | 8 wonderful qualities of the Dharma-Vinaya. |
| . | . | . | . |
| . | . | . | . |

**SD 46 Teaching and learning. [ISBN 978-981-09-5973-9]
The Dharma liberates us from our self.**

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|---|------------------------|---|
| 46.0 | SD 46 contents & TMC activities | | 2nd ed, 2018 |
| 46.1 | (Pancaka) Udayi Sutta | A 5.159 | How to teach the Dharma. |
| 46.2 | (Khandha) Devadaha Sutta | S 22.2 | How to answer Dharma questions. |
| 46.3 | Dantabhumi Sutta | M 125 | How the Buddha transforms others. |
| 46.4 | Dhammadinna Sutta | S 55.53 | Spiritual training for busy lay followers. |
| 46.5 | (Atthaka) Alam Sutta | A 8.62 | The qualities of a Dharma worker. |
| 46.6 | Sankhitta (Desita) Dhamma Sutta | A 8.63 | The disciple's training (in brief). |
| 46.7 | Duta Sutta | A 8.16 | The qualities of a good messenger or counsellor. |
| 46.8 | (Catukka) Naga Sutta | A 4.114 | The 4 qualities of a truly worthy monastic. |
| 46.9 | (Pancaka) Sota Sutta | A 5.140 | The 5 qualities of a truly worthy monastic. |
| 46.10 | (Catukka) Dhammakathika Sutta | A 4.139 | The 4 kinds of Dharma speakers and their respective audiences. |
| 46.11 | Kathavatthu Sutta | A 3.67 | Answering questions and the qualities of a true Dharma speaker. |
| 46.12 | Panha Vyakarana Sutta | A 4.42 | The 4 ways of answering questions. |
| 46.13 | Bhandanakaraka Sutta | A 5.212 | Social strife hinders spiritual development. |
| 46.14 | Verahaccani Sutta | S 35.133 | The proper way to teach the Dharma. |
| 46.15 | (Dhammavinaya) Gotami Sutta | A 8.53 = Cv 10.5 | Criteria for the Dhamma-Vinaya. |
| 46.16 | Sariputta Moggallana Sutta 1 | A 4.167 | Moggallana's spiritual progress and attainment. |
| 46.17 | Sariputta Moggallana Sutta 2 | A 4.168 | Sariputta's spiritual progress and attainment. |
| 46.18 | (Nibbida) Dhammakathika Sutta | S 12.16 | The one true purpose of teaching Dharma. |
| 46.19 | (Ekaka) Sanghabheda Sutta | It 18 | Dangers of disunity in the sangha. |
| 46.20 | (Ekaka) Sanghasamaggi Sutta | It 19 | Benefits of harmony in the sangha. |

| | | | |
|-------|---|-------------------|--|
| 46.21 | Two discourses on losses : (Pancaka) Akkosaka Sutta & (Dasaka) Akkosaka Sutta | A 5.211 & A 10.88 | The disadvantages of reviling one another in the sangha. |
| 46.22 | (Ekadasaka) Vyasana Sutta | A 11.6 | The disadvantages of monastics abusing fellow monastics. |
| 46.23 | (Sahampati) Devadatta Sutta | S 6.12 | Honour destroys a false person. |
| 46.24 | Bhindi Sutta or Chindi Sutta | S 17.31 | The dangers of gain, honour and praise for monastics. |

SD 47 Precept & practice [ISBN 978-981-09-7047-5]

The true Dharma is preserved through our own practice and wisdom.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|---|---|
| 47.0 | SD 47 contents & TMC activities | | |
| 47.1 | (Sotapanna) Nandiya Sutta | S 55.40 | A streamwinner should build up his mindfulness practice. |
| 47.2 | (Pañcaka) Ittha Sutta | A 5.43 | Success comes not merely through prayer or wishing |
| 47.3a | Asappurisa Sutta 2 | S 45.26 | False persons, true individuals, and spiritual progress |
| 47.3b | (Sappurisa) Sikkhapada Sutta | A 4.201 | Moral virtue is the basis of Buddhism training |
| 47.4 | (Khandha) Silavanta Sutta | S 22.122 | Reflecting on the aggregates leads to liberation |
| 47.5 | Sutavanta Sutta | S 22.123 | Reflecting on the aggregates leads to liberation |
| 47.6 | Pamada Vihari Sutta | S 35.97 | The dangers of negligence; the benefits of diligence |
| 47.7 | Cora Raja Sutta | A 2.39 | Good monks and bad monks affect one another |
| 47.8 | Satta Suriya Sutta | A 7.62 | The end of the universe and its significance |
| 47.9 | Umi Bhaya Sutta | A 4.122 | How our renunciation can fail |
| 47.10 | (Satipatthana) Bahiya Sutta | S 47.15 | The arhathood of Bahiya |
| 47.11 | Uttiya and friends | Tha 30, 51-54, 99; Ap 3.8, 15.10; S 47.16 | Teachings related to the monks named Uttiya |
| 47.12 | Phasuvihara Sutta | A 5.105 | Harmony in the sangha |
| 47.13 | Accayika Sutta | A 3.91 | The urgency of the 3 trainings |
| 47.14 | (Chakka) Vivadamula Sutta | A 6.36 | 6 conditions that promote discord |
| 47.15 | (Sariputta) Nirodha Sutta | A 5.166 | How a quarrelsome monk is dealt with |
| 47.16 | Gavesi Sutta | A 5.180 | Keeping to the precepts leads to spiritual fulfillment |
| 47.17 | Sikkhattaya Sutta 2 | A 3.89 [A:B 3.90] | The 3 trainings (with verses) |
| 47.18 | Pankadha Sutta | A 3.90 [A:B 3.91] | All monastics should desire the 3 trainings |
| 47.19 | (Bahira) Patipanna Sutta | S 48.18 | Those not yet on the path are outsiders. |
| 47.20 | Patipatti Sutta 1 & 2 | S 45.31, S 45.32 | Wrong practice and right practice of the path |
| 47.21 | (Cheta) Kassapa,gotta Sutta | S 9.3 | Even when no one heeds the Dharma, we should keep to our own practice |

**SD 48 Death & mindfulness. [ISBN 978-981-09-8695-7]
For the unawakened wise, death is but a new beginning.**

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------------------------|--|
| 48.0 | SD 48 contents & TMC activities | | |
| 48.1 | Karma and the afterlife | Essay | A contemporary and practical perspective on aging, death and the departed. |
| 48.2 | Death: An early Buddhist perspective. | Essay | The significance of death in Buddhist living, with special reference to “brain death” |
| 48.3 | Timsa Bhikkhu Sutta (2.1) Bhadda, vaggiya Sahavaka Vatthu; (2.2) Kathina Anujanana; (2.3) Timsa, matta Paveyyaka, bhikkhu Vatthu | S 15.13; Mv 1.4; M 7.1-3; DhA 5.6 | A good word for the wise is sufficient. (2.1) Better than seeking a woman is to seek the self. (2.2) How the kathina robe-giving was introduced. (2.3) Even the bad can benefit from the Dharma, if they accept it. |
| 48.4 | (Visakha) Natta Sutta | U 8.8 | Endearment brings sorrow. |
| 48.5 | (Atthaka) Maranasati Sutta 1 | A 8.73 | The meditation of death should be done with every breath. |
| 48.6 | (Atthaka) Maranasati Sutta 2 | A 8.74 | Mindfulness of death day and night facilitates awakening. |
| 48.7 | Kamabhu Sutta 2 | S 41.6 | The meditating mind and body during suspended animation. |
| 48.8ab | Kutagara Suttas | A 3.105; A 3.106 | The mind affects all our actions. |
| 48.9 | Pabbajita Abhinha Sutta | A 10.48 | The 10 regular practices of a renunciant |
| 48.10 | (Yama) Devaduta Sutta | A 3.35 | The 3 realities of sentient existence. |
| 48.11 | (Chakka) Maranassati Sutta 1 | A 6.19 | The |

| | | | |
|-------|--|-------------|---|
| | | | meditation on death should be done day and night. |
| 48.12 | (Chakka) Maranassati Sutta 2 | A 6.20 | Mindfulness of death day and night facilitates awakening. |
| 48.13 | (Khandha) Patisallana Sutta | S 22.6 | Understanding the 5 aggregates with a free mind ends suffering. |
| 48.14 | Marana Sati Katha | Vism 8.1-41 | The theory, practice and benefits of the mindfulness of death. |

SD 49a Life of the Buddha 1 [ISBN 978-981-09-9883-7]

The buddha and the arhats awaken the same way; the buddha discover the way and the disciples follow after him.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-----------------|---|
| 49.0 | SD 49 contents | | Contents and TMC activities |
| 49.1 | Maha Sihanada Sutta | M 12 | An overview of the Buddha's special qualities. |
| 49.2 | Cula Sihanada Sutta | M 11 | Witnessing the true teaching and Buddhist missiology. |
| 49.3 | (Majjhima) Ghatikara Sutta | M 81 | Gotama as the brahmin youth Jotipala, the monk, under Kassapa Buddha. |
| 49.4 | Maha Saccaka Sutta | M 36 | Spiritual cultivation involves both body and mind |
| 49.5a | Maha Sakuludayi Sutta | M 77 | Why disciples respect and listen to the Buddha |

SD 49b Life of the Buddha 1 [ISBN 978-981-11-0961-4]

THE BUDDHA AND THE ARHATS AWAKEN THE SAME WAY; THE BUDDHA DISCOVER THE WAY AND THE DISCIPLES FOLLOW AFTER HIM.

| | | | |
|-------|--|---------|---|
| 49b.0 | SD 49b contents & TMC activities | | |
| 49.5b | Ways of attaining dhyana | Essay | The 10 kasinas, the 8 bases of mastery and the 8 liberations. |
| 49.6a | Pinyiga Manava Puccha | Sn 5.17 | Pinyiga's devotion to the Buddha. |

| | | | |
|---|---|-------------------------|--|
| 49.6b | Parayana Sutta | Sn 5.18 | The teaching that is the way to nirvana. |
| 49.7 | Vepulla Pabbata Sutta | S 15.20 | Human life is very short. |
| 49.8a | Mahapadana Sutta | D 14 | The lineage of the buddhas and the Buddha's life. |
| 49.8b | Mahapadana Sutta (sutta notes) | D 14 | Sutta Notes. |
| SD 49c Life of the Buddha 1 [ISBN 978-981-11-2313-9] | | | |
| THE BUDDHA AND THE ARHATS AWAKEN THE SAME WAY; THE BUDDHA DISCOVER THE WAY AND THE DISCIPLES FOLLOW AFTER HIM. | | | |
| 49c.0 | SD 49c contents & activities | | |
| 49.01 | 20 reasons for translating suttas | | |
| 49.9 | Vipassi Sutta | S 12.4 | All the Buddhas discover the same liberating truths. |
| 49.10 | Sambuddha Sutta | S 22.58 | The difference between the Buddha and the arhat |
| 49.11 | Pavarana Sutta | S 8.7 | The origin of the invitation ceremony. |
| 49.12 | Bahitika Sutta | M 88 | Determining the Buddha's goodness. |
| 49.13 | Ghatikara Suttas | S 2.24; S 1.50 | Spiritual friendship last more than a life-time. |
| 49.14 | (Catukka) Samana Sutta | A 4.239 | The lion-roar on the 4 kinds of noble saints. |
| 49.15 | Suriyupama Sutta 1 | S 56.37 | Right view is the basis for the 4 noble truths. |
| 49.16 | Suriyupama Sutta 2 | S 56.38 | The Buddha discovers and teaches the 4 noble truths. |
| 49.17 | (Agga) Tathagata Sutta 1-4 | S 45.139 | The Buddha is the most evolved of beings. |
| 49.18 | Nalaka Sutta | Sn 3.11 | Asita's visit to the child Bodhisattva and the nature of sagehood. |
| 49.19 | (Sutta Nipata) Pabbajja Sutta ; Jataka Nidanakatha (see preceding link) | Sn 3.1; J 1:65,29-66,33 | The Buddha meets Bimbisara in Rajagaha. (Jataka) Nidanakatha: the Bodhisattva's visit to Rajagaha. |
| 49.20 | Muni Sutta | Sn 1.12 | The nature of true sagehood. |

| | | | |
|-------|---|----------|--|
| 49.21 | (Tika) Moneyya Sutta | A 3.120 | The nature of spiritual silence. |
| 49.22 | (Iti) Moneyya Sutta | It 3.2.8 | The nature of silent sagehood. |
| 49.23 | Sundari Sutta | U 4.8 | Forbearance and lovingkindness in the face of adversity. |
| 49.24 | Bibliography for SD 49abc | | |

SD 50 – 59 (in progress)**Note:**

(a) A sutta whose title is preceded by an asterisk (*) means that it is only an excerpt.

(b) All files are in pdf.

SD 50a: Awakening & nirvana (part 1) [isbn 978-981-11-3004-5]

If life is a dream, when sleep ends, then naturally comes awakening.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|---------------------|--|
| 50.0 | SD 50 a contents & TMC activities | | |
| 50.1 | Nibbana Patisamyutta Sutta 1 | U 8.1 | The full nirvana pericope. |
| 50.2 | Nibbana Patisamyutta Sutta 2 | U 8.2 | The “bent-free” (anata) nirvana formula. |
| 50.3 | Nibbana Patisamyutta Sutta 3 | U 8.3 | The “birth-free” (ajata) nirvana formula. |
| 50.4 | Nibbana Patisamyutta Sutta 4 | U 8.4 | The “non-dependent” (anissita) nirvana formula. |
| 50.5 | (Iti) Indriya Sutta | It 3.2.3 | The 3 faculties of final knowledge. |
| 50.6 | (Janussoni) Nibbana Sutta | A 3.55 | Nirvana as a personal experience. |
| 50.7 | Jhanabhinna Sutta | S 16.9 | The 9 progressive abodes of arhathood. |
| 50.8 | Maradheyya Sutta | U 3.1.10 | The nature of Mara in terms of existence. |
| 50.9 | (Catukka) Pariyesana Sutta | A 4.252 = A:B 4.255 | Ignoble quests and noble quests. |
| 50.10 | Bilangka Sutta | S 7.4 | The bad karma of harming the innocent returns to the doer. |
| 50.11 | Orambhagiya Sutta | S 45.179 | The 5 lower fetters and the eightfold path. |
| 50.12 | Uddhambhagiya Sutta | S 45.180 | The 5 higher fetters and the eightfold path. |
| 50.13 | Nibbanadhātu Sutta | It 2.2.7 | The 2 ways of viewing nirvana. |
| 50.14 | (Dasaka) Abhabba Sutta | A 10.100 | The 10 hindrances to attaining arhathood. |
| | 50a Bibliography | | |
| | Backcover: 20 reasons for translating suttas | | |

SD 50b: awakening & nirvana (part 2) [ISBN 978-981-11-3903-1]

If life is a dream, when sleep ends, then naturally comes awakening.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|--|-------------------------------|--|
| 50b | Contents & TMC activities | | |
| 50.15 | (Ananda) Sankhitta Dhamma Sutta | S 35.86 | To Ananda on awakening. |
| 50.16 | No Cedam Sutta | S 14.33 | The purpose of the spiritual life. |
| 50.17 | Sasankhara Patipada Sutta | A 4.169 | The 4 ways of attaining nirvana. |
| 50.18 | (Kamma) Ariya Magga Sutta | A 4.235 | The 4 kinds of karma in terms of result. |
| 50.19 | (Catukka) Samyojana Sutta | A 4.131 | The 3 kinds of saints (rebirth and existence). |
| 50.20 | Dhaniya Sutta | Sn 1.2 | Worldly joy verses spiritual joy. |
| 50.21 | Ahimsaka Sutta | S 7.5 | Non-violent in word and in deed. |
| 50.22 | Jata Suttas | S 1.23; S 7.6; Vism 1.1 – 1.8 | Cutting the inner tangle. |
| 50.23 | Suddhika (Bharadvaja) Sutta | S 7.7 | Spiritual purity is the highest. |
| 50.24 | Bahudhitara Sutta | S 7.10 | Having nothing is true happiness. |
| 50.25 | (Navaka) Sanditthika Sutta 1 & 2 | A 9.46; A 9.47 | The state that is directly experienced. |
| 50.26 | (Navaka) Nibbana Sutta | A 9.48 | The progress to nirvana. |
| 50.27 | (Navaka) Parinibbana Sutta | A 9.49 | The progress to nirvana. |
| 50.28 | (Navaka) Tadanga Nibbana Sutta | A 9.50 | The progress to nirvana. |
| 50.29 | (Navaka) Ditthadhamma Nibbana Sutta | A 9.51 | The progress to nirvana. |

| | | | |
|-------|---|---------|---|
| 50.30 | (Navaka) Kayasakkhi Sutta | A 9.43 | The one who gains the formless attainments. |
| 50.31 | (Navaka) Pannavimutta Sutta | A 9.44 | The one liberated by insight wisdom. |
| 50.32 | (Navaka) Ubhatobhagavimutta Sutta | A 9.45 | The one liberated in body and mind. |
| 50.33 | (Kamma) Bojjhanga Sutta | A 4.236 | Karma and the awakening factors. |
| 50.34 | Navakammika Sutta | S 7.17 | The Buddha's work is done. |
| 50.35 | Mahasala Sutta | S 7.14 | A father's love, and gratitude. |
| 50.36 | Manatthaddha Sutta | S 7.15 | Respect to whom respect is due. |
| 50.37 | Paccanika Sutta | S 7.16 | Being open to others. |
| 50.38 | Katthahara Sutta | S 7.18 | The Buddha resorts to the forest awakened and joyful. |
| 50.39 | Matuposaka Sutta | S 7.19 | Filial piety and aims-receiving. |
| 50.40 | Bhikkhaka Sutta | S 7.20 | True purpose of living on alms (renunciation). |
| 50.41 | (Udaka Suddhika) Sangarava Sutta | S 7.21 | Purification through virtue, not ritual. |
| 50.42 | Khomadussa Sutta | S 7.22 | Goodness in high places. |
| | SD 50b Bibliography | | |
| | SD 50 b Back cover | | |
| | | | 20 reasons for translating the suttas. |

**SD 51a: Effort & energy (PART 2) [ISBN 978-981-11-4859-0]
Self-effort is the basis of spiritual salvation**

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|---------------|---|------------------------|--|
| 51a | 51a contents & TMC activities | | |
| 51.0 | Kammakarana Vagga | A 2.1 – A 2.10 | The significance of spiritual effort. |
| 51.1 | (Duka) Vajja Sutta | A 2.1 | Karma with present fruit and future fruit. |
| 51.2 | (Duka) Padhana Sutta | A 2.2 | The highest striving is the abandoning of all acquisitions. |
| 51.3a | (Duka) Tapaniya Sutta | A 2.3 | Avoiding practices that torment us. |
| 51.3b | (Iti) Tapaniya Sutta | It 30 | Practices that bring torment. |
| 51.4a | (Duka) Atapaniya Sutta | A 2.4 | Practices that do not bring torment. |
| 51.4b | (Iti) Atapaniya Sutta | It 2.1.4 | Practices that do not bring torment. |
| 51.5 | (Duka) Upannata Sutta | A 2.5 | Unrelentingly advancing in spiritual cultivation. |
| 51.6 | (Duka) Sannojana Sutta | A 2.6 | What holds us to suffering; what frees us from suffering. |
| 51.7 | (Duka) Vassupanayika Sutta | A 2.10 | The 2 rains-entries. |
| 51.8 | Sallekha Sutta | M 8 | Self-effacement and its true purpose. |
| 51.9 | Citta Hatthisariputta Sutta | A 6.60 | The dangers of a monastic socializing. |
| 51.9(1.3.2) | Avila Udakarahada Sutta (download file from the above link) | A 1.5.5 | A clouded mind will not awaken. |
| 51.9(1.3.3) | Accha Udakarahada Sutta (download file from 51.9 above) | A 1.5.6 | A clear mind will be able to awaken. |
| 51.10 | Cetokhila Suttas: | | |
| 51.10(2.3.1) | Sangiti Sutta | D 33,2.1(19) | The 5 mental barrennesses. |
| 51.10(2.3.2) | Sangiti Sutta | D 33,2.1(20) | The 5 mental bandages. |
| 51.10a | (Pancaka) Cetokhila Sutta | A 5.205 | The 5 mental barrennesses. |
| 51.10b | (Navaka) Cetokhila Sutta | A 9.71 | The 5 mental barrennesses are overcome by the 4 satipatthanas. |
| 51.10c | (Pancaka) Cetaso Vinibandha Sutta | A 5.206 | The 5 mental bandages. |

| | | | |
|--------|--|---------|--|
| 51.10d | (Navaka) Cetaso Vinibandha Sutta | A 9.72 | The 5 mental bandages are overcome by the 4 satipatthanas. |
| 51.11 | (Suttanipata) Padhana Suttas | Sn 3.2 | The Buddha's great striving for awakening. |
| 51.12 | (Khetta) Desana Sutta | S 42.7 | The 3 fields and the Buddha's priorities. |
| 51.13 | (Bojjhanga) Aggi Sutta | S 46.53 | Overcoming sluggishness and agitation. |
| 51.end | Bibliography | | |

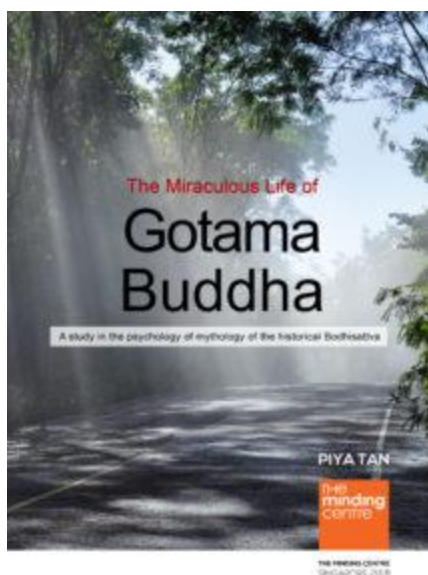
SD 51B: Effort & energy (part 2) [ISBN 978-981-11-6187-2]

Self-effort is the basis of spiritual salvation

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------------|---|-----------------|--|
| 51b | 51b contents & TMC activities | | |
| 51.14 | (Pancaka) Padhana Sutta | A 5.53 | The 5 supports for spiritual endeavour. |
| 51.15 | Samayasamaya Sutta | A 5.54 | The best conditions for spiritual striving. |
| 51.15(1.2a) | Dullabha Vuddhapabbajita Sutta 1 | A 5.59 | The 5 qualities difficult to find in one who renounces when old. |
| 51.15(1.2b) | Dullabha Vuddhapabbajita Sutta 2 | A 5.60 | The 5 qualities difficult to find in one who renounces when old. |
| 51.16 | (Catukka) Appassuta Sutta | A 4.6 | Learning and spiritual progress. |
| 51.17 | (Catukka) Sobhana Sutta | A 4.7 | How a community is corrupted or beautified. |
| 51.17(1.1) | (Pancaka) Sobhana Sutta | A 5.233 | The 5 qualities of a monastic renunciant. |
| 51.17(2) | (Catukka) Parisa sutta 2 | A 4.211 | The corruptors and the beautifiers of an assembly. |
| 51.17(3.4) | (Tika) Parisa Sutta. | A 3.132 | The 3 kinds of assemblies in terms of training. |
| 51.18 | Asamsa Bhikkhu Sutta | A 3.13 | Who we are, what we are, and beyond. |
| 51.19 | (Catukka) Vesarajja Sutta | A 4.8 | The 4 certain qualities of the Buddha. |
| 51.20 | (Catukka) Sancerana Sutta | A 4.171 | Karma is rooted in ignorance and often occurs without our knowledge. |
| 51.21 | (Catukka) Padhana Sutta 1 | A 4.13 | The 4 right strivings. |
| 51.21(2) | (Catukka) Padhana Sutta 2 | A 4.69 | The fourfold dynamics of spiritual striving. |
| 51.22 | Patthana Sutta 1 | A 5.135 | The true purpose of renunciation. |
| 51.22(2) | Patthana Sutta 2 | A 5.136 | The true purpose of renunciation. |
| 51.23 | Sarabha Sutta | A 3.64 | A wanderer tries to degrade the Dharma and the Buddha's response. |
| 51.23(1.2) | Gitassara Sutta | A 5.209 | Why the texts should not be chanted in a musical manner. |
| 51.24 | Utthana Sutta | Sn 2.10 | The most urgent task of spiritual cultivation. |
| 51.25 | Arakkheyya Sutta | S 7.55 | The Buddha has nothing to hide. |
| 51.26 | (Tika) Bhaya Sutta | A 3.62 | Understanding and overcoming the suffering of separation. |
| 51b | Bibliography | | |
| Back cover | 20 reasons for translating suttas | | |

SD 52.1: Miraculous life of gotama buddha ISBN 978-981-11-7432-2 (E-book)

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|



[SD 52.1 book cover](#)
[Miraculous life of Gotama Buddha](#)

E-book

A study in the psychology of mythology of the historical Bodhisattva.

SD 52b: parables 2 [ISBN 978-981-11-7431-5] (2018b)
A parable speaks our thoughts with the heart

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|---|-----------------|--|
| 52b.0 | Contents and TMC activities | | |
| 52.2 | Acchariya,abbhuta Sutta | M 123 | The miraculous qualities of the Buddha. |
| 52.2a | Acchariya,abbhuta Sutta 1 | A 4.127 | Boundless radiance in Buddha's life. |
| 52.2b | Acchariyaabbhuta Sutta 2 | A 4.128 | Overcoming attachment, conceit, etc. |
| 52.2c | Acchariya,abbhuta Sutta 3 | A 4.129 | Ananda's 4 charismatic qualities. |
| 52.2d | Acchariya,abbhuta Sutta 4 | A 4.130 | Ananda's charisma is like a wheel-turner. |
| 52.2e | (Radha) Satta Sutta | S 23.2 | Satta as "being" and as "stuck." |
| 52.2ff | (Udana) Satta Sutta 1 | U 7.1 | How not to be stuck to suffering. |
| 52.2g | (Udana) Satta Sutta 2 | U 7.2 | Lust blinds and traps us. |
| 52.3 | Kesi Sutta | A 4.111 | How the Buddha trains his disciples. |
| 52.4 | (Sotapatti) Ananda Sutta | S 22.83 | Punna Mantaniputta and Ananda's attainment of streamwinning. |
| 52.5 | Vanapattha Sutta | M 17 | On the conduciveness of monastic dwellings. |
| 52.6 | Maha Gopalaka Sutta | M 33 | Parable of the bad and good cowherd. |
| 52.7 | Dhanuggaha Sutta | S 20.6 | Life is brief: strive on heedfully. |
| 52.8a | Rohitassa Sutta 1 | A 4.45 | The world's end cannot be reached by going. |
| 52.8b | Rohitassa Sutta 2 | A 4.46 | The world's end cannot be reached by going. |
| 52.9 | Samudda Sutta 1 | S 35.187 | Our senses are like an ocean. |
| 52.10a | Raga Sutta 1 | It 68 | Greed, hate, delusion are Mara's traps. |
| 52.10b | Raga Sutta 2 | It 69 | Our negative emotions are the raging ocean. |
| 52.11 | Nadisota Sutta | It 109 | Our negative emotions are like a river current. |
| 52.12 | Aggikkhandhupama Sutta | S 7.68 | Renunciants should be worthy of their offering. |
| 52.13f | Nagaropama Sutta | A 7.63 | The spiritually disciplined is like a citadel. |
| | Bibliography | | |

SD 53a: truth and reality 1 (2018c)
Theme: seeing true reality frees us from itself.

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|

| | | | |
|-------|---|-------------------------|--|
| 53.0 | Contents & imprint | | |
| 53.1 | Gavampati Sutta | S 56.30 | Penetrating any of the 4 truths, penetrate all of them. |
| 53.2 | Andhakara Sutta | S 56.46 | The dark interstices of outer space. |
| 53.3 | Tevijja Vacchagotta Sutta | M 71 | On the Buddha's knowledge and salvation. |
| 53.4 | (Digha) Mahali Sutta | D 6 | The true purpose of the spiritual life. |
| 53.5 | Dittha Suta Muta Vinnata | Essay | The 4 means of cognition. |
| 53.6 | Vohara Suttas | A 4.247-250 & A 8.67-68 | Wrong ways and right ways of speaking. |
| 53.7 | (Vangisa) Arati Sutta | S 8.2 | Self-counselling a lustful mind. |
| 53.8 | Maha Saropama Sutta | M 29 | Worldly success is not spiritual progress. |
| 53.9 | Cula Saropama Sutta | M 30 | Spiritual goal is not acquisition but awakening. |
| 53.10 | Kimsuka Sutta; Kimsukopama Jataka | S 35.204; J 248 | True teachers teach according to the manner of their awakening; 4 different means to the same awakening. |
| 53.11 | Miccha Ditthi Sutta; Micchaditthi Pahana Sutta | S 22.153; S 35.164 | Wrong view is the grasping of views; overcoming wrong views. |
| 53.12 | Sakkayaditthi Sutta; Sakkayaditthi Pahana Sutta | S 22.154; S 35.165 | Self-identity view is the grasping of craving; overcoming self-identity view. |
| 53.13 | Attanuditthi Sutta | S 35.165; S 35.166 | Self-view is the grasping of conceit; the 6 senses are non-self. |
| 53a | Bibliography 20 reasons for translating suttas | | |

SD 54: devas 1

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|

.

.

SD 55: happiness and progress

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|

.

.

SD **

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|

SD ***

| SD No. | Sutta or Chapter Title | Sutta reference | Theme & YouTube links |
|--------|------------------------|-----------------|-----------------------|
|--------|------------------------|-----------------|-----------------------|

SD ***

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|

SD ***

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|

SD ***

| SD No. | Sutta or Chapter Title | Sutta reference | Theme |
|--------|------------------------|-----------------|-------|
|--------|------------------------|-----------------|-------|

Selected Essays fr SD

Selected Essays from Sutta Discovery

| SD No. | Chapter Title | Sutta reference | Theme |
|--------|--|--|--|
| 38.4 | Love : a Buddhist perspective on friendship, humanity and life | | Love: a Buddhist perspective on friendship, humanity and life. |
| 38.5 | Brahmavihara : the divine abode | | The practical cultivation of divinity in man. |
| 39.1 | Group Karma : An early Buddhist perspective. | M 130.4; A 3.35; M 142.8; A 3.57; Mv 11.1; Vv 5.1; VvA 216-219; A 5.148; D 31; A 3.69. | Group karma? An early Buddhist perspective. |

| | | |
|---|--|--|
| 64.17 Bad friendship | Tha 387-392; S 5.35; Dh 33 f; S 6.2.8; D 16.2.26; Dh 160; A 5.88; U 4.1.7. | Avoiding unwholesome teacher-pupil relationship and abuse of religion. |
| 66.13 Monastics, sex and marriage | | Renunciation, monastic celibacy and the challenges of secularism and modernism with special reference to Japanese Buddhism up to the end of the 20th century |
| 89.10 Bhattuddesaka Sutta : The Discourse on the Meal-steward | A 4.20 | Freedom from the 4 biases |

Trilinear & parsed suttas

[D 22 Maha Satipatthana Sutta](#)

[D 31 Sigalovada Sutta](#): Translation & detail Pali grammatical analysis

[M 118 Anapanasati Sutta](#)

Simplified Sutta Discovery (SSD)

Simplified Sutta Discovery (SSD) without annotations by Piya Tan.

[SSD 1 – 9](#) (in progress)

SSD 10 – 19 (in progress)

SSD 20 – 29 (in progress)

SSD 30 – 39 (in progress)

SSD 40 – 49 (in progress)

For full translations with annotations, please browse the following pages:

[SD 1 – 9](#)

[SD 10 – 19](#)

[SD 20 – 29](#)

[SD 39 – 30](#)

[SD 40 – 49](#)

SSD 1 – 9

SSD 1: The buddha's early teachings (in progress)

| SSD no. | Sutta or Chapter Title | Sutta reference | Theme |
|---------|--|-------------------|--|
| SSD 1.1 | Dhammacakka Pavattana Sutta (simplified) The Discourse on the Turning of the Wheel of Truth | S 56.11 | The Buddha's first discourse. |
| SSD 1.2 | Anatta Lakkhana Sutta (simplified) The Discourse on the Non-self Characteristic | S 56.12 | The 3 characteristics, the 5 aggregates, and non-self. |
| SSD 1.3 | Aditta (Pariyaya) Sutta (simplified) The Fire Sermon | S 35.28 = Mv 1.21 | All is burning with greed, hate, and delusion. |
| SSD 1.4 | 1. Udumbarika Sihanada Sutta (er: easy reading) The Discourse on the Lion-roar at Udumbarika 2. Udumbarika Sihanada Sutta (re: reflective reading) The Discourse on the Lion-roar at Udumbarika | D 25 | The Dharma's true purpose & the spiritual bases for interfaith dialogue. |
| SSD 1.5 | Veludvareyya Sutta (simplified) Discourse to the People of Bamboo Gate | S 22.7 | The 4 precepts, the golden rule, values, and streamwinning. |

TIPITAKA “The Three Baskets”

[This page is currently under construction. Please visit us again soon for more updates.]

The Tipitaka or Pali canon is the collection of the primary texts of early Buddhism which form the doctrinal foundation of Theravada Buddhism. The 3 divisions of the Tipitaka are:

1. Vinaya Pitaka, “The Basket of Discipline”

- [\(V / Vin\) VINAYA](#): Monastic discipline and legal history.

Ptmk: **Patimokkha Sutta** (or Matika): 227 monks’ rules; 311 nuns’ rules.

SuVbh: **Sutta Vibhanga**: commentary on the Patimokkha.

Khdhk: **Khandhaka**:

Mv: **Mahavagga** (10 khandhakas)

Cv: **Cullavagga** (12 khandhakas): rituals and history.

Parv: **Parivara**: systematic legal survey (late work, Sri Lanka)

2. Sutta Pitaka, “The Basket of Discourses”

Collections of teachings moral virtues, meditation and wisdom by the Buddha and his early disciples. Namely:

- [\(D / DN\) DIGHA NIKAYA](#): (the long collection): dialogues & accounts serving as a prospectus (34 suttas)
- [\(M / MN\) MAJJHIMA NIKAYA](#): (the middle-length collection): dialogues on doctrine & meditation (152 suttas)
- [\(S / SN\) SAMYUTTA NIKAYA](#): (the connected collection): on meditation mostly for monastics (2889 suttas)
- [\(A / AN\) ANGUTTARA NIKAYA](#): “Single-item Upwards Collection” of 2344 Suttas.
- [KHUDDAKA NIKAYA](#): “Collection of Little Texts”, 15 separate miscellaneous texts, many in verse form, which contain both some of the earliest and latest material in the Canon.

3. Abhidhamma Pitaka: “The Basket of Topic Relating to Dhamma”

Fine-grained analysis of experience, which seeks to systematise Sutta teachings, expressing them in psychologically and philosophical exact language.

(V) Vinaya

| Sutta | SD No. | Sutta [Topic] |
|------------|---------|---|
| () | 1 9 | See under Essays. |
| V 1:4-8 | 12 1.2d | Why the Buddha hesitated. The decision to teach. |
| V 1:7 | 12 1.3a | Why the Buddha hesitated. The three lotus ponds. |
| V 1:8 | 12 1.4 | Why the Buddha hesitated. Upaka. |
| V 1:14 f | 1 2 | Anatta,lakkha?a Sutta = S 22.59. |
| V 1:15-21 | 11 2 | The Great Commission. The story of Yasa; the sending of the first missionaries. |
| V 2:9-13 | 11 1 | Assaji-Punabbasuka Vatthu. Admonishing others in the Dharma. |
| V 2:201 f | 46 7 | (Cv 7.4.6) D?ta Sutta. The qualities of a messenger or a counsellor. |
| V 2:236 ff | 59 2 | (The parable of the great ocean) = A 8.20 = U 5.5. |
| V 2:290 f | 37 14 | How Robes are Recycled. = DhA 2.1/1:218-220; J 157/2:23 f. |
| V 2:294 ff | 4 19 | Money and Monastics. Buddhist law; Right livelihood. See under Essay. |

(D) Digha Nikaya [ongoing]

The Long Collection:

dialogues & accounts serving as a prospectus (34 suttas)

| Sutta No. | Traditional Listing | Sutta Discovery No. | Sutta title Theme |
|---|---------------------|-----------------------|---|
| <i>D 1 Silakkhandha Vagga: the division on moral virtue (suttas no. 1-13)</i> | | | |
| D 1 | D 1.1 | SD 25 | Brahmajala Sutta . The 62 grounds for wrong views. Commentarial Guide to the Brahmajala Sutta . |
| D 2 | D 1.2 | SD 8.10 | Samannaphala Sutta . The immediate benefits of the holy life. |
| D 3 | D 1.3 | SD 21.3 | Ambattha Sutta . Religious arrogance versus spiritual openness. |
| D 4 | D 1.4 | SD 30.5 | Sonadanda Sutta . Moral virtue is superior to status. |
| D 5 | D 1.5 | SD 22.8 | Kutadanta Sutta . The true sacrifice. |

| | | | |
|--|-----------------|---------------------------|--|
| D 6 | D 1.6 | SD 53.4 | Mahali Sutta. |
| D 7 | D 1.7 | *** | Jaliya Sutta. |
| D 8 | D 1.8 | SD 73.12 | (Kassapa) Maha,siha,nada Sutta or Kassapa Siha,nada Sutta. The complete religious life. |
| D 9 | D 1.9 | SD 7.14 | Potthapada Sutta . On the nature of consciousness and the self. |
| D 10 | D 1.10 | SD 40a.13 | (Ananda) Subha Sutta . The three trainings (Ananda to Subha). |
| D 11 | D 1.11 | SD 1.7 | Kevaddha Sutta . Miracles and what even God does not know. |
| D 12 | D 1.12 | SD 34.8 | Salavatika Lohicca Sutta . Good teachers and bad teachers. |
| D 13 | D 1.13 | SD 1.8 | Tevijja Sutta . Problems with the Creator-God idea. |
| <i>D 2 Maha Vagga: the great division (suttas no. 14-23)</i> | | | |
| D 14 | D 2.1 | SD 49.8a & SD 49.8b | Mahapadana Sutta (SD 49.8a). The lineage of the buddhas and the Buddha's life. Mahapadana Sutta Notes (SD 49.8b: sutta notes & commentary). |
| D 15 | D 2.2 | SD 5.17 | Maha Nidana Sutta . Dependent arising, language and non-self. |
| D 16 | D 2.3 | SD 9 | Maha Parinibbana Sutta . The last days of the Buddha and our legacy. |
| D 16.23, 26 | D 2.3 (excerpt) | SD 3.1 | (Maha Parinibbana Sutta) Be an island unto yourself! See under Essays. |
| D 16.4.7-11 | D 2.3 (excerpt) | SD 3.1 | (Mahâpadesa Sutta) The 4 great references: see under Essays. |
| D 17 | D 2.4 | SD 36.12 | Maha Sudassana Sutta . A mythology of meditation. |
| D 18 | D 2.5 | SD 62.3 | Jana,vasabha Sutta. |
| D 19 | D 2.6 | SD 63.4 | Maha Govinda Sutta. |
| D 20 | D 2.7 | SD 54.4 | Maha Samaya Sutta. A god-believer's way to the Buddha. |
| D 21 | D 2.8 | SD 70.6 | Sakka,pañha Sutta. |
| D 22 | D 2.9 | SD 13.2 | Maha Satipatthana Sutta . The focusses of mindfulness and the truths. |
| D 23 | D 2.10 | SD 39.4 | Payasi Sutta . Karma, rebirth and proper giving. |
| <i>D 3 Patika Vagga: the Patika division (suttas no. 24-34)</i> | | | |
| D 24 | D 3.1 | SD 63.3 | Patika Sutta. Miracles are no measure of spirituality. |
| D 25 | D 3.2 | SD 1.4 | Udumbarika Sihanada Sutta . The Buddha pays back a zealot in his own coins. |
| D 26 | D 3.3 | SD 36.10 | Cakkavatti Sihanada Sutta . Worldly power and spiritual power. |
| D 27 | D 3.4 | SD 2.19 | Aggañña Sutta . On the evolution of the world, society and universal values. |
| D 28 | D 3.5 | SD 14.14 | Sampasadaniya Sutta . Sariputta's lion-roar and the Buddha's 16 unsurpassables. |
| D 29 | D 3.6 | SD 40a.6 | Pasadika Sutta . The condition for failure and success in a religion. |
| D 30 | D 3.7 | SD 36.9 | Lakkhana Sutta . The 32 marks of the great man. |
| D 31 | D 3.8 | SD 4.1 | Sigalovada Sutta . The lay code of ethics and social responsibilities. |
| D 32 | D 3.9 | SD 101.1 | Atanatiya Sutta. |
| D 33 | D 3.10 | *** | Sangiti Sutta. |

| | | | |
|-----------------|------------------|-------------|---|
| D 33.2.1(25) | D 3.10 (excerpt) | SD 3.2(5.2) | (Sangiti Sutta) or Vimuttayatana Sutta. Opportunities to enter the path. See under Essays. |
| D 34 | D 3.11 | *** | Dasuttara Sutta. |

**(M) Majjhima Nikaya [ongoing]
The Middle-Length Collection:
Dialogues on doctrines and meditation (152 suttas).**

| Sutta No. | Traditional Listing | Sutta Discovery No. | Sutta title Theme |
|--|---------------------|---------------------------|---|
| <i>M 1 Maha Pannasa, the great 50 (suttas 1-50): <u>M 1.1 Mulapariyaya Vagga</u></i> | | | |
| M 1 | M 1.1.1 | SD 11.8 | Mulapariyaya Sutta. The nature of primary causes or concepts. |
| M 2 | M 1.1.2 | SD 30.3 | Sabbāsava Sutta. Methods of overcoming defilements. |
| M 3 | M 1.1.3 | SD 2.18 | Dhamma,dayada Sutta. Sariputta on how to inherit the Dharma. |
| M 4 | M 1.1.4 | SD 44.3 | Bhaya Bherava Sutta. Overcoming fear during solitary practice. |
| M 5 | M 1.1.5 | SD 37.7 | Anangana Sutta. The monastic's right livelihood. |
| M 6 | M 1.1.6 | SD 59.1 | Akankheyya Sutta. Self-effacement and its true purpose. |
| M 7 | M 1.1.7 | SD 28.12 | Vatthupama Sutta. We are purified internally by the mind. |
| M 8 | M 1.1.8 | SD 51.8 | Sallekha Sutta. Self-effacement and its true purpose. |
| M 9 | M 1.1.9 | SD 11.11 | Samma Ditthi Sutta. Sariputta on the nature of direct spiritual experience. |
| M 10 | M 1.1.10 | SD 13.3 | Satipatthna Sutta. How to cultivate the clear presence of mind. |
| <i><u>M 1.2 Sihanada Vagga</u></i> | | | |
| M 11 | M 1.2.1 | SD 49.2 | Cula Sihanada Sutta. An overview of the Buddha's special qualities. |
| M 12 | M 1.2.2 | SD 49.1 | Maha Sihanada Sutta. Witnessing the true teaching and Buddhist missiology. |
| M 12.17-19 | M 1.2.2 (excerpt) | SD 2.24 | Maha Sihanada Sutta. Buddha's knowledge of the worlds. |
| M 12.32-43 | M 1.2.2 (excerpt) | SD 2.24 | Maha Sihanada Sutta. Buddha's knowledge of the worlds. |
| M 12.44-63 | M 1.2.2 (excerpt) | SD 1.13 | Maha Sihanada Sutta The Bodhisattva's self-mortification. |
| M 13 | M 1.2.3 | SD 6.9 | Maha Dukkakkhandha Sutta. The pains of pleasure. |
| M 14 | M 1.2.4 | SD 4.7 | Cula Dukkakkhandha Sutta. The nature of true happiness. |
| M 15 | M 1.2.5 | SD 59.3 | Anumana Sutta.*** |
| M 16 | M 1.2.6 | SD 32.14 | (Majjhima) Cetokhila Sutta. How to free the mind and liberate it. |
| M 17 | M 1.2.7 | SD 52.5 | Vanapattha Sutta. *** |
| M 18 | M 1.2.8 | SD 6.14 | Madhupindika Sutta. Perception and mental proliferation. |
| M 19 | M 1.2.9 | SD 61.1 | Dvedhavitakka Sutta. *** |
| M 20 | M 1.2.10 | SD 1.6 | Vitakka Santhana Sutta. How to overcome distractions during meditation. |
| <i><u>M 1.3 Tatiya Vagga / Opamma Vagga</u></i> | | | |
| M 21 | M 1.3.1 | SD 38.1 | Kakacūpama Sutta. Monastics must practise complete patience and non-violence. |

| | | | |
|------|----------|----------|---|
| M 22 | M 1.3.2 | SD 3.13 | Alagaddûpama Sutta . Proper grasp of the Buddha's Teaching. |
| M 23 | M 1.3.3 | SD 28.13 | Vammika Sutta . Similes for the spiritual training. |
| M 24 | M 1.3.4 | SD 28.3 | Rathavinita Sutta . The stages of spiritual purification and liberation. |
| M 25 | M 1.3.5 | SD 61.2 | Nivapa Sutta. *** |
| M 26 | M 1.3.6 | SD 1.11 | Ariya Pariyesana Sutta . The events leading up to the Great Awakening. Also called Pasarasi Sutta |
| M 27 | M 1.3.7 | SD 40a.5 | Cula Hatthi, padopama Sutta . The training of the true disciple. |
| M 28 | M 1.3.8 | SD 6.16 | Maha Hatthipadopama Sutta . The 4 elements & dependent arising of the 5 aggregates. |
| M 29 | M 1.3.9 | SD 53.8 | Maha Saropama Sutta. *** |
| M 30 | M 1.3.10 | SD 53.9 | Cula Saropama Sutta. *** |

M 1.4 Maha Yamaka Vagga

| | | | |
|------------|-------------------|----------|---|
| M 31 | M 1.4.1 | SD 44.11 | Cula Gosinga Sutta . Silence and joy of spiritual communion. |
| M 32 | M 1.4.2 | SD 44.12 | Maha Gosinga Sutta . The saints' comments on the ideal monastic. |
| M 33 | M 1.4.3 | SD 52.6 | Maha Gopalaka Sutta.*** |
| M 34 | M 1.4.4 | SD 61.3 | Cula Gopalaka Sutta. *** |
| M 35 | M 1.4.5 | SD 26.5 | Cula Saccaka Sutta . The conversion of a boastful debater. |
| M 36 | M 1.4.6 | SD 49.4 | Maha Saccaka Sutta . Spiritual cultivation involves both body and mind. |
| M 36.17-44 | M 1.4.6 (excerpt) | SD 1.12 | Maha Saccaka Sutta . The Bodhisattva's self-mortification. |
| M 37 | M 1.4.7 | SD 54.8 | Cula Tanhasankhaya Sutta. |
| M 38 | M 1.4.8 | SD 7.10 | Maha Tanhasankhaya Sutta . Consciousness, rebirth and liberation. |
| M 39 | M 1.4.9 | SD 10.13 | Maha Assapura Sutta . A recluse should be worth his salt. |
| M 40 | M 1.4.10 | SD 41.8 | Cula Assapura Sutta . true recluseship does depend on external observances. |

M 1.5 Cula Yamaka Vagga

| | | | |
|---------|-------------------|----------|--|
| M 41 | M 1.5.1 | SD 5.7 | Saleyyaka Sutta . The 10 courses of action and choosing your rebirth. |
| M 42 | M 1.5.2 | *** | Veranjaka Sutta. |
| M 43 | M 1.5.3 | SD 35.1 | Maha Vedalla Sutta . |
| M 43.14 | M 1.5.3 (excerpt) | SD 3.2 | Maha Vedalla Sutta . Conditions for right view. See under Essays. |
| M 44 | M 1.5.4 | SD 40a.9 | Cula Vedalla Sutta . The nature of the awakened mind. |
| M 45 | M 1.5.5 | SD 32.4 | Cula Dhamma Samadana Sutta . Four types of behaviour in terms of moral virtue. |
| M 46 | M 1.5.6 | SD 59.11 | Maha Dhamma, samadana Sutta. |
| M 47 | M 1.5.7 | SD 35.6 | Vimamsaka Sutta Even the Buddha should be investigated. |
| M 48 | M 1.5.8 | SD 64.1 | Kosambiya Sutta. |
| M 49 | M 1.5.9 | SD 11.7 | Brahma Nimantanika Sutta . The Buddha defeats a God-Devil league in high heaven. |
| M 50 | M 1.5.10 | SD 36.4 | Mara Tajjaniya Sutta . Moggallana's past life as Mara Dusi. |

M 2 Majjhima Pannasa, the middle 50
(suttas 51-100)M 2.1 Gahapati Vagga

| | | | |
|--------------------------------|-------------------|-----------|--|
| M 51 | M 2.1.1 | SD 32.9 | Kandaraka Sutta . Four kinds of persons in terms of tormenting. |
| M 52 | M 2.1.2 | SD 41.2 | Atthakanagara Sutta . = Dasama Gaha,pati Sutta (A 11.17). 11 ways to awakening. |
| M 53 | M 2.1.3 | SD 21.14 | Sekha Sutta . The one on the spiritual path to awakening. |
| M 54 | M 2.1.4 | SD 43.8 | (Gahapati) Potaliya Sutta . The true meaning of renouncing the world. |
| M 55 | M 2.1.5 | SD 43.4 | (Majjhima) Jivaka Sutta . On the demerit of killing and meat-eating. |
| M 56 | M 2.1.6 | SD 27.1 | Upali Sutta . A famous Jain becomes the Buddha's disciple. |
| M 57 | M 2.1.7 | SD 23.11 | Kukkuravatika Sutta . As you act, by that you are reborn. |
| M 58 | M 2.1.8 | SD 7.12 | Abhaya Rajakumara Sutta . How the Buddha is not caught by trick questions. |
| M 59 | M 2.1.9 | SD 30.4 | Bahavedaniya Sutta . The different way of classifying feelings. = S 36.19. |
| M 60 | M 2.1.10 | SD 35.5 | Apannaka Sutta Why doing good is better than not. |
| <u>M 2.2 Bhikkhu Vagga</u> | | | |
| M 61 | M 2.2.1 | SD 3.10 | Ambalattika Rahulovada Sutta . Danger of lying; need for constant self-reflection. |
| M 62 | M 2.2.2 | SD 3.11 | Maha Rahulovada Sutta . Meditations to overcome attachment to the body. |
| M 63 | M 2.2.3 | SD 5.8 | Cula Malunkyaputta Sutta . Right priorities in life & how to end suffering. |
| M 64 | M 2.2.4 | SD 21.10 | Maha Malunkyaputta Sutta . The 5 mental fetters and the latent tendencies. |
| M 65 | M 2.2.5 | SD 56.2 | Bhaddali Sutta. |
| M 66 | M 2.2.6 | SD 28.11 | Latutikopama Sutta . Overcoming all the fetters. |
| M 67 | M 2.2.7 | SD 34.7 | Catuma Sutta Four dangers for renunciants to overcome. |
| M 68 | M 2.2.8 | SD 37.4 | Nalakapana Sutta . The destinies of disciples. |
| M 69 | M 2.2.9 | *** | Gulissani Sutta. |
| M 70 | M 2.2.10 | SD 11.1 | Kitagiri Sutta . Faith, learning and sainthood. |
| <u>M 2.3 Paribbajaka Vagga</u> | | | |
| M 71 | M 2.3.1 | SD 53.3 | Tevijja Vacchagotta Sutta. What the Buddha knows. |
| M 72 | M 2.3.2 | SD 6.15 | Aggi Vacchagotta Sutta . Nirvana and the problem of language. |
| M 73 | M 2.3.3 | SD 27.4 | Maha Vacchagotta Sutta . The awakening of Vaccha,gotta as an arhat. |
| M 74 | M 2.2.4 | SD 16.1 | Dighanakha Sutta . Understanding feelings overcomes wrong view. |
| M 75 | M 2.3.5 | *** | Magandiya Sutta. |
| M 76 | M 2.3.6 | SD 35.7 | Sandaka Sutta . False religions. |
| M 77 | M 2.3.7 | SD 49.5 | Maha Sakuludayi Sutta . Why disciples respect and listen to the Buddha. |
| M 77.15-21 | M 2.3.7 (excerpt) | SD 6.18 | * Maha Sakuludayi Sutta . The 37 limbs of awakening. |
| M 78 | M 2.3.8 | SD 18.9 | Samanamandika Sutta . The arhat is beyond good and evil. |
| M 79 | M 2.3.9 | *** | Cula Sakuludayi Sutta. |
| M 80 | M 2.3.10 | SD 40a.15 | Vekhanassa Sutta . Recall of past lives not necessary for spiritual liberation. |

M 2.4 Raja Vagga

| | | | |
|---|-------------------|-----------|--|
| M 81 | M 2.4.1 | SD 49.3 | (Majjhima) Ghatikara Sutta . Gotama as the brahmin Jotipala, the monk, under Kassapa Buddha. |
| M 81.1-6 | M 2.4.1 (excerpt) | SD 4.23 | Ghatikara Sutta . A family man who uses no money. |
| M 82 | M 2.4.2 | *** | Rattha,pala Sutta. |
| M 83 | M 2.4.3 | *** | Makhadeva Sutta. |
| M 84 | M 2.4.4 | *** | Madhura Sutta. |
| M 84.10-11 | M 2.4.4 (excerpt) | SD 3.1 | (Madhura Sutta) . To whom do we go for refuge? See under Essay. |
| M 85 | M 2.4.5 | SD 55.2 | Bodhi Rajakumara Sutta. |
| M 86 | M 2.4.6 | SD 5.11 | Angulimala Sutta . The reformation of a serial killer. |
| M 87 | M 2.4.7 | *** | Piyajatika Sutta. |
| M 88 | M 2.4.8 | SD 49.12 | Bahitika Sutta . Determining the Buddha's goodness. |
| M 89 | M 2.4.9 | SD 64.10 | Dhammacetiya Sutta. |
| M 90 | M 2.4.10 | SD 10.8 | Kannakathala Sutta . Omniscience; the 4 classes; do the gods return to earth? |
| <i><u>M 2.5 Brahmana Vagga</u></i> | | | |
| M 91 | M 2.5.1 | *** | Brahmayu Sutta. |
| M 92 | M 2.5.2 | SD 45.7a | Sela Sutta . The story of the matted hair ascetic Keniya and the brahmin Sela. |
| M 93 | M 2.5.3 | SD 40a.2 | Assalayana Sutta . Purity is not on account birth or rebirth. |
| M 94 | M 2.5.4 | *** | Ghotamukha Sutta. |
| M 94.31 | M 2.5.4 (excerpt) | SD 3.1 | (Ghotamukha Sutta) . The Buddha is our refuge. See under Essay. |
| M 94.31-33 | M 2.5.4 (excerpt) | SD 4.22 | Ghotamukha Sutta . The monk Udena rejects donation of money. |
| M 95 | M 2.5.5 | SD 21.15 | Canki Sutta . Belief, knowledge and liberation. |
| M 96 | M 2.5.6 | SD 37.9 | Esukari Sutta The nature of true service. |
| M 97 | M 2.5.7 | SD 4.9 | Dhananjani Sutta . Sariputta guides a dying person to the Brahma world. |
| M 98 | M 2.5.8 | SD 37.1 | Vasettha Sutta You are what you do. = Sn 3.9/pp115-123. |
| M 99 | M 2.5.9 | SD 38.6 | (Brahmavihara) Subha Sutta . Godliness is within ourselves. |
| M 100 | M 2.5.10 | SD 10.9 | (Deva) Sangarava Sutta . Do gods exist? |
| <i>M 3 Upari Pannasa, the further (or last) (suttas 101-152) <u>M 3.1 Devadaha Vagga</u></i> | | | |
| M 101 | M 3.1.1 | SD 18.4 | Devadaha Sutta . Self-mortification, fatalism, karma & omniscience. |
| M 102 | M 3.1.2 | SD 40a.12 | Pañcattaya Sutta . Speculations about the past, the future, and nirvana. |
| M 103 | M 3.1.3 | SD 85.14 | Kinti Sutta. Resolving disagreements about the Dharma. |
| M 104 | M 3.1.4 | SD 62.4 | Samagama Sutta. |
| M 105 | M 3.1.5 | *** | Sunakkhatta Sutta. |
| M 106 | M 3.1.6 | SD 85.13 | Aneñjasappaya Sutta. The higher meditative states leading to nirvana. |
| M 107 | M 3.1.7 | SD 56.3 | Ganaka Moggallana Sutta. |
| M 108 | M 3.1.8 | SD 33.5 | Gopaka Moggallana Sutta . Not all dhyanas are praised by the Buddha. |
| M 109 | M 3.1.9 | SD 17.11 | Maha Punnama Sutta . The 5 aggregates, clinging, identity view, not-self = S 22.82. |
| M 110 | M 3.1.10 | SD 45.4 | Cula Punnama Sutta . The false person and the true individual. |

M 3.2 Anupada Vagga

| | | | |
|-------|----------|----------|--|
| M 111 | M 3.2.1 | SD 56.4 | Anupada Sutta. Sariputta's awakening process. |
| M 112 | M 3.2.2 | SD 59.7 | Chabbisodhana Sutta. The true qualities of an arhat. |
| M 113 | M 3.2.3 | SD 23.7 | Sappurisa Sutta . The true individual and the false individual. |
| M 114 | M 3.2.4 | SD 39.8 | Sevitabbāsevitabba Sutta . Things that are helpful and that are unhelpful in our life. |
| M 115 | M 3.2.5 | SD 29.1 | Bahudhatuka Sutta . The 18 elements, dependent arising, and possibilities. |
| M 116 | M 3.2.6 | *** | Isigili Sutta. |
| M 117 | M 3.2.7 | SD 6.10 | Maha Cattarisaka Sutta . Right view & how the noble eightfold path works. |
| M 118 | M 3.2.8 | SD 7.13 | Anapanasati Sutta . The mindfulness of the breath (a meditation). |
| M 119 | M 3.2.9 | SD 12.21 | Kayagatasati Sutta . Satipatthana through watching the body. |
| M 120 | M 3.2.10 | SD 3.4 | Sankharupapatti Sutta . How to choose a good rebirth. See also under Essays. |

M 3.3 Suññata Vagga

| | | | |
|-------------|-------------------|----------|---|
| M 121 | M 3.3.1 | SD 11.3 | Cula Suññata Sutta . The realization of impermanence in the highest meditation. |
| M 122 | M 3.3.2 | SD 11.4 | Maha Suññata Sutta . The joy of spiritual solitude |
| M 123 | M 3.3.3 | SD 52.2 | Acchariya-abbhuta Sutta. |
| M 124 | M 3.3.4 | SD 3.15 | Bakkula Sutta . The post-Buddha ideal monk. |
| M 125 | M 3.3.5 | SD 46.3 | Dantabhumi Sutta . How the Buddha transforms his disciples. |
| M 125.22-25 | M 3.3.5 (excerpt) | SD 13.1 | Dantabhumi Sutta . The Satipatthana Suttas. Introduction. |
| M 126 | M 3.3.6 | *** | Bhumija Sutta. |
| M 127 | M 3.3.7 | SD 54.10 | Anuruddha Sutta. |
| M 127.16 | M 3.3.7 (excerpt) | SD 13.1 | Anuruddha Sutta (M 127.16) . The Satipatthana Suttas. Intro (3.7). |
| M 128 | M 3.3.8 | SD 5.18 | (Anuruddha) Upakkilesa Sutta . Spiritual friendship and mental development. |
| M 129 | M 3.3.9 | SD 2.22 | Bala Pandita Sutta . The hells and the universal monarch. |
| M 130 | M 3.3.10 | SD 2.23 | Devaduta Sutta . The four sights and their meaning. |

M 3.4 Vibhanga Vagga

| | | | |
|-------------|--------------------|----------|---|
| M 131 | M 3.4.1 | SD 8.9 | Bhaddekaratta Sutta . Living here and now. |
| M 132 | M 3.4.2 | *** | Ananda Bhaddekaratta Sutta. |
| M 133 | M 3.4.3 | *** | Maha Kaccana Bhaddekaratta Sutta. |
| M 134 | M 3.4.4 | *** | Lomasakangiya Bhaddekaratta Sutta. |
| M 135 | M 3.4.5 | SD 4.15 | Cula Kamma Vibhanga Sutta . How karma works. |
| M 136 | M 3.4.6 | SD 4.16 | Maha Kamma Vibhanga Sutta . Why sometimes the good suffer, the evil prosper. |
| M 137 | M 3.4.7 | SD 29.5 | Salayatana Vibhanga Sutta . The analysis of the six sense-bases. |
| M 138 | M 3.4.8 | *** | Uddesa Vibhanga Sutta. |
| M 139 | M 3.4.9 | SD 7.8 | Arana Vibhanga Sutta . There are no problem people, only people with problems. |
| M 140 | M 3.4.10 | SD 4.17 | Dhatu Vibhanga Sutta . How a pupil recognizes the Teacher through the Teaching. |
| M 140.14-19 | M 3.4.10 (excerpt) | SD 17.2a | (4) Dhatu Vibhanga Sutta . The 6 elements (M 140.14-19). |

| | | | |
|-------------------------------|----------|----------|---|
| M 141 | M 3.4.11 | SD 11.11 | Sacca Vibhanga Sutta . The four noble truths and spiritual friendship. |
| M 142 | M 3.4.12 | SD 1.9 | Dakkhina Vibhanga Sutta . The first nuns and the position of women in early Buddhism. See under essays. |
| <i>M 3.5 Salayatana Vagga</i> | | | |
| M 143 | M 3.5.1 | SD 23.9 | Anathapindikovada Sutta . Sariputta counsels a dying layman . |
| M 144 | M 3.5.2 | SD 11.12 | Channovada Sutta . Suicide and Buddhism. = S 35.87. |
| M 145 | M 3.5.3 | SD 20.15 | Punnovada Sutta . When are we ready to teach the Dharma? |
| M 146 | M 3.5.4 | *** | Nandakovada Sutta. |
| M 147 | M 3.5.5 | SD 70.7 | Cula Rahulovada Sutta. |
| M 148 | M 3.5.6 | SD 26.6 | Chachakka Sutta . Understanding the six senses leads to liberation. |
| M 149 | M 3.5.7 | *** | Maha Salayatanika Sutta. |
| M 150 | M 3.5.8 | *** | Nagara,vindeyya Sutta. |
| M 151 | M 3.5.9 | SD 69.1 | Pindapataparissuddhi Sutta. On truly living the spiritual life. |
| M 152 | M 3.5.10 | SD 17.13 | Indriya,bhavana Sutta . How to master the senses and awaken. |

**(S) Samyutta Nikaya [ongoing]
The Connected Collection (2889 suttas)**

| Sutta No. | Traditional listing | SD No. | Sutta title Theme |
|------------------|----------------------------|------------------|--|
| S 1.9 | S 1.1.1.9 | SD 20.15 | (See 4.4 = S 15-16) Mana,kama Sutta . Giving up conceit (personality complexes). |
| S 1.20 | S 1.1.2.10 | SD 21.4 | (Devata) Samiddhi Sutta . The Dharma is right here and now. |
| S 1.26 | S 1.1.3.6 | SD 36.7 | Pajjota Sutta . The source of light and heat. |
| S 1.31 | S 1.1.4.1 | SD 34.15 | Sabbhi Sutta . Associating with the good. |
| S 1.33 | S 1.1.4.3 | SD 22.10c | Sadhu Sutta . The benefits of giving. |
| S 1.34 | S 1.1.4.4 | SD 42.6 | Na Santi Sutta . Suffering is rooted in lust. |
| S 1.38 | S 1.1.4.8 | SD 61.4 | Sakalika Sutta. |
| S 1.41 | S 1.1.5.1 | SD 2.8 | (Agara) Aditta Sutta . On having the right priorities in life. |
| S 1.42 | S 1.1.5.2 | SD 2.9 | Kimdada Sutta . On the best gifts. |
| S 2.4 | S 1.2.1.4 | SD 36.8 | Magadha Sutta . The source light and heat. |
| S 2.7 | S 1.2.1.7 | SD 33.1b(2.1) | (Gatha) Pancalacanda Sutta . The Buddha is the discoverer of dhyana. |
| S 2.25 | S 1.2.3.5 | SD 54.13 | Jantu Sutta. |
| S 2.26 | S 1.2.3.6 | SD 7.2 | Rohitassa Sutta . The world's end cannot be reached by going. (= A 4.45) |
| S 2.29 | S 1.2.3.9 | SD 86.8 | (Sariputta) Susama Sutta. |
| S 3.1 | S 1.3.1.1 | SD 42.11 | Dahara Sutta . Do not look down upon the young. |
| S 3.2 | S 1.3.1.2 | SD 18.2(3) | Purisa (Mula) Sutta . The 3 roots of suffering in a person. |
| S 3.3 | S 1.3.1.3 | SD 42.12 | (Raja) Jara Marana Sutta . Even the most powerful must die. |
| S 3.4 | S 1.3.1.4 | SD 38.8 | (Pasenadi) Piya Sutta . How to love oneself. |
| S 3.5 | S 1.3.1.5 | SD 38.9 | Atta Rakkhita Sutta . The best protection is self-protection. |
| S 3.8 | S 1.3.1.8 = U 5.1 | SD 38.7 | (Piya) Mallika Sutta . As we love ourselves, so do others love themselves. |

| | | | |
|---------|------------|-------------|--|
| S 3.9 | S 1.3.1.9 | SD 22.11 | (Pasenadi) Yanna Sutta . The better sacrifice. |
| S 3.11 | S 1.3.2.1 | SD 14.11 | (Satta) Jatila Sutta . How to recognize an arhat. Espionage in early Buddhist India. |
| S 3.12 | S 1.3.2.2 | SD 61.6 | Sambahula (Bhikkhu) Sutta. Mara works to hinder renunciation. |
| S 3.13 | S 1.3.2.3 | SD 37.13 | Donapaka Sutta . Rajah Pasenadi overcomes gluttony. |
| S 3.18 | S 1.3.2.8 | SD 34.3 | Kalyanamitta Appamada Sutta . The Buddha as a spiritual friend. |
| S 3.19 | S 1.3.2.9 | SD 22.4 | Aputtaka Sutta 1 . Wealth is meant to be enjoyed. |
| S 3.20 | S 1.3.2.10 | SD 22.5 | Aputtaka Sutta 2 . Wealth is no assurance of happiness. |
| S 3.21 | S 1.3.3.1 | SD 18.6 | (Tamojoti) Puggala Sutta . Two kinds of declines and two kinds of progress. |
| S 3.24 | S 1.3.3.4 | SD 44.18 | Issattha Sutta . When giving brings great fruit (detailed) |
| S 3.25 | S 1.3.3.5 | SD *** | Pabbatupama Sutta. |
| | | | |
| S 4.3 | S 1.4.1.3 | SD 36.3 | Subha Sutta . Restraint of body, speech and mind keeps Mara away. |
| S 4.5 | S 1.4.1.5 | SD 11.2(11) | (Mara) Pasa Sutta 2 . The first spreading of the Dharma. |
| S 4.6 | S 1.4.1.6 | SD *** | ***Sutta. |
| S 4.7 | S 1.4.1.7 | SD 32.13 | Suppati Sutta . The wise deserve their rest. |
| S 4.13 | S 1.4.2.3 | SD 61.7 | Sakalika Sutta 2. The Buddha sleeps happily. |
| S 4.14 | S 1.4.2.4 | SD 61.9 | Patirupa Sutta. |
| S 4.19 | S 1.4.2.9 | SD 43.9 | Kassaka Sutta . Mara as our senses. |
| S 4.22 | S 1.4.3.2 | SD 36.11 | (Mara) Samiddhi Sutta . Mara is overcome by knowledge. |
| S 4.24 | S 1.4.3.4 | SD 36.5 | Satta Vassa Sutta . Mara is unable to find a single weakness in the Buddha. |
| S 4.25 | S 1.4.3.5 | SD 36.6 | Mara Dhitu Sutta . The Buddha is not affected by negative past memories. |
| | | | |
| S 5.2 | S 1.5.1.2 | SD *** | Soma Sutta. |
| | | | |
| S 6.1 | S 1.6.1.1 | SD 12.2 | Ayacana Sutta . Brahma invites the Buddha to teach the Dharma. |
| S 6.2 | S 1.6.1.2 | SD 12.3 | Garava Sutta . Even the Teacher respects the Teaching. = A 4.21. |
| S 6.3 | S 1.6.1.3 | SD 12.4 | Brahmadeva Sutta . The High God does not need any offering. |
| S 6.4 | S 1.6.1.4 | SD 11.6 | Brahma Baka Sutta . A High God has wrong view. |
| S 6.5 | S 1.6.1.5 | SD 54.3 | (Apara,ditthi) Aññatara Brahma Sutta. |
| S 6.12 | S 1.6.2.2 | SD 46.23 | (Sahampati) Devadatta Sutta . Honour destroys a false person. |
| S 7.1 | S 1.7.1.1 | SD 45.5 | Dhananjani Sutta . Killing what benefits us? |
| S 7.8 | S 1.7.1.8 | SD 22.9 | Aggika Bharadvaja Sutta . The true fire burns brightly within. |
| S 7.9 | S 1.7.1.9 | SD 22.3 | Sundarika Sutta . Who is truly worthy of offerings? |
| S 7.11 | S 1.7.2.1 | SD 69.6 | Kasi Bharadvaja Sutta. = Sn 1.4. |
| S 7.12 | S 1.7.2.2 | SD 16.13 | Udaya Sutta . The repetitive cycle of life. |
| S 7.18 | S 1.7.2.8 | SD *** | Katthahara Sutta. |
| S 7.21 | S 1.7.2.11 | SD 79.3 | (Suddhika) Sangarava Sutta. |
| | | | |
| S 8.4 | S 1.8.1.4 | SD 16.12 | (Vangisa) Ananda Sutta . How to overcome lust. |
| S 8.5 | S 1.8.1.5 | SD *** | (Subhasita) Vangisa Sutta. |
| S *** | S *** | SD *** | *** Sutta. |
| S 9.3 | S 1.9.13 | SD 47.21 | (Cheta) Kassapa,gotta Sutta or Cheta Sutta. Even when no one heeds the Dharma, we should keep to our own practice. |
| S 11.3 | S 1.11.1.3 | SD 15.5 | Dhajagga Sutta . The recollections of the Three Jewels. |
| S 11.11 | S 1.11.2.1 | SD 15.13 | *(2) Vatapada Sutta . Shakra's seven vows. |
| S 11.16 | S 1.11.2.6 | SD 22.7 | Yajamana Sutta . Even material giving is fruitful. |
| S 12.1 | S 2.1.1.1 | SD *** | (Paticca,samuppada) Desana Sutta. |
| S 12.2 | S 2.1.1.2 | SD 5.15 | (Paticcasamuppada) Vibhanga Sutta . Definition of the 12 links. |
| S 12.10 | S 2.1.1.10 | SD 14.3 | Maha Sakyamuni Gotama Sutta . How the Buddha awakened. |

| | | | |
|---------|------------|----------|---|
| S 12.10 | S 2.1.1.10 | SD 14.4 | (Comparative study) S 12.10, its Sanskrit version & S 12.65. |
| S 12.11 | S 2.1.2.1 | SD *** | Ahara Sutta. |
| S 12.12 | S 2.1.2.2 | SD 20.5 | Moliya Phagguna Sutta. There is no self behind our mental processes. |
| S 12.15 | S 2.1.2.5 | SD 6.13 | Kacca(ya)nagotta Sutta. On what really is the middle way. |
| S 12.16 | S 2.1.2.6 | SD 46.18 | (Nibbida) Dhammakathika Sutta. The one true purpose of teaching Dharma. |
| S 12.17 | S 2.1.2.7 | SD 18.5 | Acela Kassapa Sutta 1. True nature of action and the middle way. Cf S 41.9. |
| S 12.19 | S 2.1.2.9 | SD 21.2 | Balena Pandita Sutta. Proof for the three-life dependent arising. |
| S 12.20 | S 2.1.2.10 | SD 39.5 | (Jati) Paccaya Sutta. Dependent arising as the natural order of things. |
| S 12.23 | S 2.1.3.3 | SD 6.12 | Upanisa Sutta. Dependent arising (immediate causes). |
| S 12.25 | S 2.1.3.5 | SD 31.2 | (Kammavada) Bhumija Sutta. Not all karmas are consciously done. |
| S 12.27 | S 2.1.3.7 | SD*** | Paccaya Sutta. |
| S 12.37 | S 2.1.4.7 | SD 5.14 | (Kaya) Na Tumha Sutta. The basics of dependent arising. |
| S 12.38 | S 2.1.4.8 | SD 7.6a | Cetana Sutta 1. Karma still works without intention. |
| S 12.39 | S 2.1.4.9 | SD 7.6b | Cetana Sutta 2. Latent tendencies lead to rebirth. |
| S 12.40 | S 2.1.4.10 | SD 7.6c | Cetana Sutta 3. How we form our personal habits. |
| S 12.41 | S 2.1.5.1 | SD 3.3 | (4.2) Pañca Verabhaya Sutta. The qualities of a streamwinner. See under Essays. |
| S 12.41 | S 2.1.5.1 | SD *** | Pañca Vera,bhaya Sutta. The qualities of a streamwinner. |
| S 12.43 | S 2.1.5.3 | SD *** | (Samudayatthagama) Dukkha Sutta. How the senses condition consciousness. |
| S 12.44 | S 2.1.5.4 | SD 7.5 | (Samudayatthagama) Loka Sutta. The dependent arising of the world. |
| S 12.48 | S 2.1.5.8 | SD 17.15 | Lokayatika Sutta. The middle way between extreme views. |
| S 12.51 | S 2.1.6.1 | SD 11.5 | Parivimamsana Sutta. How dependent arising leads to Nirvana. |
| S 12.60 | S 2.1.6.10 | SD *** | Nidana Sutta. |
| S 12.61 | S 2.1.7.1 | SD 20.2 | Assutava Sutta 1. Impermanence of the mind, dependent arising and nibbida. |
| S 12.62 | S 2.1.7.2 | SD 20.3 | Assutava Sutta 2. Understanding feelings leads to nibbida. |
| S 12.63 | S 2.1.7.3 | SD 20.6 | Puttamamsa Sutta. The true nature of food. |
| S 12.64 | S 2.1.7.4 | SD 26.10 | Atthiraga Sutta. The nature of the arhat's consciousness. |
| S 12.65 | S 2.1.7.5 | SD 14.2 | Nagara Sutta. How the Buddha awakens: the parable of the city. |
| S 12.65 | S 2.1.7.5 | SD 14.4 | S 12.10, its Sanskrit version & S 12.65. Comparative study. |
| S 12.67 | S 2.1.7.7 | SD *** | Nala,kalapi Sutta. |
| S 12.68 | S 2.1.7.8 | SD *** | (Musila) Kosambi Sutta. The five doubtful points. |
| S 12.70 | S 2.1.7.10 | SD 16.8 | (Arahatta) Susima Sutta. Attaining arhathood through insight. |
| S 14.1 | S 2.3.1.1 | SD 29.9 | Dhatunanatta Sutta. The components of our beings. |
| S 14.7 | S 2.3.1.7 | SD 17.5 | Sañña Nanatta Sutta. How we interpret our sense-experiences. |
| S 14.11 | S 2.3.2.1 | SD 74.14 | Satta Dhatu Sutta. |
| S 14.12 | S 2.3.2.2 | SD 29.8 | Sanidana Sutta. Wrong thoughts are conditioned. |
| S 14.15 | S 2.3.2.5 | SD 34.6 | Cankamana Sutta. In friendship, like tends to attract like. |
| S 14.31 | S 2.3.4.2 | SD 29.17 | (Dhatu) Pubbe Sambodha Sutta. The Buddha's reflection on the elements. |
| S 14.37 | S 2.3.4.8 | SD 29.12 | (Dhatu) Samanabrahmana Sutta 1. Gratification, danger and escape regarding the elements. |
| S 14.38 | S 2.3.4.9 | SD 29.13 | (Dhatu) Samanabrahmana Sutta 2. Arising, passing away, gratification, danger and escape regarding the elements. |
| S 14.39 | S 23.4.10 | SD 29.14 | (Dhatu) Samanabrahmana Sutta 3. The elements and the 4 noble truths. |
| S 15.3 | S 2.4.1.3 | SD 10.6 | (3.1) Assu Sutta. The endless cycle of samsara. |
| S 15.3 | S 2.4.1.3 | SD 16.13 | Assu Sutta. The true nature of cyclic life. |
| S 15.13 | S 2.4.2.3 | SD 16.13 | Timsa Bhikkhu Sutta. A good word for the wise is sufficient. |
| S 15.14 | S 2.4.2.4 | SD 57.2 | Matu Sutta. Rebirth and relationships: we have been mothers to others before. |
| S 15.15 | S 2.4.2.5 | SD 57.3 | Pita Sutta. Rebirth and relationships: we have been fathers to others before. |

| | | | |
|---------|--------------|------------|--|
| S 15.16 | S 2.4.2.6 | SD 57.4 | Bhata Sutta. Rebirth and relationships: we have been brothers to others before. |
| S 15.17 | S 2.4.2.7 | SD 57.5 | Bhagini Sutta. Rebirth and relationships: we have been wives to others before. |
| S 15.18 | S 2.4.2.8 | SD 57.6 | Putta Sutta. Rebirth and relationships: we have been sons to others before. |
| S 15.19 | S 2.4.2.9 | SD 57.7 | Dhita Sutta. Rebirth and relationships: we have been daughters to others before. |
| S 15.20 | S 2.4.2.10 | SD 49.7 | Vepulla Pabbata Sutta. Human life is very short. |
| S 16.1 | S 2.5.1.1 | SD 38.2 | Candupama Sutta . How to teach the Dharma. |
| S 16.8 | S 2.5.1.8 | SD 1.10(4) | (Kassapa) Ovada Sutta 3 . The Buddha's prophecy to Maha Kassapa. |
| S 16.8 | S 2.5.1.8 | SD 3.14(9) | Ovada Sutta 3 . The Buddha's prophecy to Maha Kassapa. |
| S 16.9 | S 2.5.1.9 | SD *** | Jhanâbhiñña Sutta. |
| S 16.10 | S 2.5.1.10 | SD *** | Upassaya Sutta. |
| S 16.11 | S 2.5.1.11 | SD 77.5 | Civara Sutta. Maha Kassapa becomes a Dharma-heir. |
| S 16.12 | S 2.5.1.12 | SD *** | Param Marana Sutta. |
| S 17.23 | S 2.6.3.3 | SD *** | Eka,putta Sutta. |
| S 17.31 | S 2.6.4.1 | SD 26.24 | Bhindi Sutta or Chindi Sutta |
| S 17.35 | S 2.6.4.5 | SD 22.6a | Pakkanta Sutta . Even in gain, the evil decline. |
| S 17.36 | S 2.6.4.6 | SD 22.6b | Pañcarathasata Sutta . Even in gain, the evil decline. |
| S 18.21 | S 2.7.2.11 | SD 19.2a | (7.4) Manânusaya Sutta . How to overcome conceit. |
| S 20.4 | S 2.9.1.4 | SD 2.14 | Okkha Sutta . Lovingkindness yield great benefit than generosity. |
| S 20.7 | S 2.9.1.7 | SD 11.13 | Ani Sutta . How to prevent the disappearance of the Dharma. |
| S 21.1 | S 2.10.1.1 | SD 24.12b | Koluta Sutta . Moggallana and the noble silence. |
| S 21.2 | S 2.10.1.2 | SD 42.4 | Upatisa Sutta . Sariputta's perception of the Buddha. |
| S 21.3 | S 2.10.1.3 | SD 64.4 | Ghata Sutta. The spiritual friendship of Sariputta and Moggallana. |
| S 21.4 | S 2.10.1.4 | SD *** | Navaka Bhikkhu Sutta. Also: Nava Sutta. |
| S 21.12 | S 2.10.1.12 | SD 42.4 | Upatisa Sutta . Sariputta's perception of the Buddha. |
| S 22.1 | S 3.1.1.1.1 | SD 5.4 | Nakulapita Sutta . Although my body is sick, my mind will not be sick. |
| S 22.2 | S 3.1.1.1.2 | SD 46.2 | (Pacchabhmagamika) Devadaha Sutta . How to teach the Dharma to others. |
| S 22.3 | S 3.1.1.1.3 | SD 10.12 | Haliddakani Sutta 1 . On true renunciation. |
| S 22.4 | S 3.1.1.1.4 | SD *** | Haliddakani Sutta 2. |
| S 22.5 | S 3.1.1.1.5 | SD 7.16 | (Upadana) Samadhi Sutta . The 5 aggregates and suffering over many lives. |
| S 22.6 | S 3.1.1.1.6 | SD 48.13 | (Khandha) Patisallana Sutta . Understanding the 5 aggregates with a free mind ends suffering. |
| S 22.7 | S 3.1.1.1.7 | SD *** | *** |
| S 22.8 | S 3.1.1.1.8 | SD *** | *** |
| S 22.9 | S 3.1.1.1.9 | SD *** | *** |
| S 22.10 | S 3.1.1.1.10 | SD *** | *** |
| S 22.11 | S 3.1.1.1.10 | SD *** | *** |
| S 22.13 | S 3.1.2.2 | SD *** | *** |
| S 22.22 | S 3.1.3.1 | SD 17.14 | Bhara Sutta . There is no "person" in the aggregates. |
| S 22.24 | S 3.1.3.3 | SD 17.1b | Abhijana Sutta . The five aggregates have to be directly known. |
| S 22.25 | S 3.1.3.4 | *** | Udana Sutta. |
| S 22.35 | S 3.1.4.3 | SD 31.4 | Aññatara Bhikkhu Sutta 1 . We are our latent tendencies. |
| S 22.36 | S 3.1.4.4 | SD 31.14 | Aññatara Bhikkhu Sutta 2 . We are measured by our latent tendencies. |
| S 22.47 | S 3.1.5.5 | SD 26.12 | Samanupassana Sutta . Looking into the true nature of things. |
| S 22.48 | S 3.1.5.6 | SD 17.1a | (Dve) Khandha Sutta . The aggregates are the limits of our being. |
| S 22.49 | S 3.1.5.7 | SD 31.13 | (Mana) Sona Sutta . On the three conceits. |
| S 22.51 | S 3.1.5.9 | SD 12.9a | (Khandhanupassana) Nandikkhaya Sutta . Mental liberation through reflecting the aggregates as impermanent. |
| S 22.52 | S 3.1.5.10 | SD 12.9b | (Khandha Manasikara) Nandikkhaya Sutta . Mental liberation through wisely |

| | | | |
|----------|--------------|----------|--|
| | | | considering the aggregates. |
| S 22.53 | S 3.1.2.1.1 | SD 29.4 | Upaya Sutta . Letting go of the 5 aggregates. |
| S 22.54 | S 3.1.2.1.2 | SD 8.3 | (9) Bija Sutta . How consciousness grows and proliferates. |
| S 22.55 | S 3.1.2.1.3 | SD 17.16 | Udana Sutta . Consciousness works with the aggregates. |
| S 22.56 | S 3.1.2.1.4 | SD 3.7 | (Upadana) Parivatta Sutta . An examination of the five aggregates within this life. |
| S 22.57 | S 3.1.2.1.5 | SD 29.2 | Sattatthana Sutta . A synchronic view of the aggregates. |
| S 22.59 | S 3.1.2.1.7 | SD 1.2 | Anatta Lakkhana Sutta . The 3 characteristics and the 5 aggregates = V 1:13 f. |
| S 22.60 | S 3.1.2.1.8 | SD *** | Mahali Sutta. |
| S 22.61 | S 3.1.2.1.9 | SD 17.10 | (Khandha) Aditta Sutta . The aggregates burn with pain. |
| S 22.62 | S 3.1.2.1.10 | SD 68.1 | Nirutti, patha Sutta. |
| S 22.64 | S 3.1.2.2.2 | SD 26.10 | Atthiraga Sutta . |
| S 22.71 | S 3.1.2.2.9 | SD 19.2a | (7) Radha Sutta . Radha arhathood & how conceit is overcome. |
| S 22.72 | S 3.1.2.2.10 | SD 19.2a | (7) Suradha Sutta . Suradha's arhathood & how conceit is overcome. |
| S 22.76 | S 3.1.2.3.4 | SD 26.7 | Pathama Arahata Sutta . How arhats arise. |
| S 22.77 | S 3.1.2.3.5 | SD 42.9 | Arahata Sutta 2 . The 3 characteristics of the 5 aggregates.. |
| S 22.78 | S 3.1.2.3.6 | SD 42.10 | (Anicca) Siha Sutta . Even the gods fear impermanence. = A 4.33 |
| S 22.79 | S 3.1.2.3.7 | SD 17.9 | Khajjaniya Sutta . Understanding the aggregates leads to liberation. |
| S 22.80 | S 3.1.2.3.8 | SD 28.9a | Pindolya Sutta . The true purpose of the spiritual life. |
| S 22.81 | S 3.1.2.3.9 | SD 6.1 | Parileyya Sutta . How to immediately destroy the mental defilements. |
| S 22.82 | S 3.1.2.3.10 | SD 17.11 | Maha Punnama Sutta . The 5 aggregates, clinging, personality view and not-self. = M 109. |
| S 22.83 | S 3.1.2.4.1 | *** | (Punna) Ananda Sutta. How Ananda attained streamwinning. |
| S 22.84 | S 3.1.2.4.2 | SD 32.12 | Thinamiddha Tissa Sutta . Drowsiness can be overcome through insight. |
| S 22.85 | S 3.1.2.4.3 | SD 21.12 | Yamaka Sutta . The aggregates and the arhat's indefinable state. |
| S 22.86 | S 3.1.2.4.4 | SD 21.13 | Anuradha Sutta . The nature of Tathâgata. |
| S 22.87 | S 3.1.2.4.5 | SD 8.8 | Vakkali Sutta . Sexuality, suicide and sainthood. |
| S 22.88 | S 3.1.2.4.6 | SD 42.8 | Assaji Sutta . What to do if we cannot attain concentration. |
| S 22.89 | S 3.1.2.4.7 | SD 14.13 | Khemaka Sutta . Overcoming self-notions. |
| S 22.90 | S 3.1.2.4.6 | SD 56.5 | (Dvilakkhana) Channa Sutta. The difficult elder Channa realizes the Dharma. |
| S 22.91 | S 3.1.2.4.9 | SD *** | (Mana) Rahula Sutta 1. How conceit is overcome. |
| S 22.92 | S 3.1.2.4.10 | SD *** | (Mana) Rahula Sutta 2. How conceit is overcome. |
| S 22.94 | S 3.1.2.5.2 | SD *** | Puppha Sutta. |
| S 22.95 | S 3.1.2.5.3 | SD 17.12 | Phenapinda Sutta . The true nature of the aggregates. |
| S 22.99 | S 3.1.2.5.7 | SD 28.7a | Gaddulabaddha Sutta 1 . Dealing with the five aggregates |
| S 22.100 | S 3.1.2.5.8 | SD 28.7b | Gaddulabaddha Sutta 2 . Dealing with the five aggregates. |
| S 22.101 | S 3.1.2.5.9 | SD 15.2 | Vasijata Sutta or Nava Sutta . How to meditate. = Bhavana Sutta (A 7.67) |
| S 22.102 | S 3.1.2.5.10 | SD 12.12 | Anicca Sanna Sutta . The primacy of reflecting on impermanence. |
| S 22.103 | S 3.1.3.1.1 | SD 14.1 | Anta Sutta . "Identity" in the light of the four noble truths. |
| S 22.109 | S 3.1.3.1.7 | SD *** | (Khandha) Sotapanna Sutta. On the streamwinner (regarding the aggregates). |
| S 22.117 | S 3.1.3.2.5 | SD 43.7 | Bandhana Sutta. The self-view hold one in bondage. |
| S 22.122 | S 3.1.3.2.10 | SD 47.4 | (Khandha) Silavanta Sutta . Reflecting on the aggregates leads to liberation. |
| S 22.123 | S 3.1.3.2.11 | SD 47.5 | (Khandha) Sutavanta Sutta . Reflecting on the aggregates leads to liberation. |
| S 22.126 | S 3.1.3.3.1 | SD 12.5 | Samudayadhamma Sutta 1 . Reflection on impermanence of the five aggregates. |
| S 23.7 | S 3.2.1.7 | *** | (Radha) Sotapanna Sutta. On the streamwinner (to Radha). |
| S 24.3 | S 3.3.1.3 | *** | Atta Loko Sutta. |
| S 24.5 | S 3.3.1.5 | *** | N'atthi Sutta. |
| S 24.6 | S 3.3.1.6 | SD 23.10 | Karota Sutta . How the doctrine of non-action arises. |
| S 24.7 | S 3.3.1.7 | SD 23.6 | Hetu Sutta . How the wrong view of non-causality arises. |

| | | | |
|----------|--------------|----------|---|
| S 24.8 | S 3.3.1.8 | *** | Maha Ditthi Sutta. |
| S 25.1 | S 3.4.1.1 | SD 16.7 | (Anicca) Cakkhu Sutta . How to awaken in this life itself. |
| S 25.5 | S 3.4.1.2 | SD 17.3 | (4.5a) (Anicca) Vedana Sutta . How perception of impermanence brings awakening. |
| S 25.6 | S 3.4.1.6 | SD 17.4 | (10) (Anicca) Sañña Sutta . Perception of impermanence and awakening (embedded). |
| S 35.13 | S 4.1.1.2.1 | SD 14.9 | Pubbe Sambodha Sutta 1 . The sense-faculties can never satisfy one completely. |
| S 35.14 | S 4.1.1.2.2 | SD 14.10 | Pubbe Sambodha Sutta 2 . The sense-objects can never satisfy one completely. |
| S 35.23 | S 4.1.1.3.1 | SD 7.1 | Sabba Sutta . The 12 sense-bases & the Buddhist theory of everything. |
| S 35.28 | S 4.1.1.3.6 | SD 1.3 | Aditta Pariyaya Sutta . Everything is burning with greed, hate and delusion. |
| S 35.30 | S 4.1.1.3.8 | *** | Saruppa Sutta. |
| S 35.31 | S 4.1.1.3.9 | *** | Sappaya S 1. |
| S 35.32 | S 4.1.1.3.10 | *** | Sappaya S 2. |
| S 35.58 | S 4.1.2.1.6 | *** | Anusaya Sutta 1. How latent tendencies are abandoned. |
| S 35.59 | S 4.1.2.1.7 | *** | Anusaya Sutta 2. How latent tendencies are uprooted. |
| S 35.60 | S 4.1.2.1.8 | SD 6.17 | (Sabbupadana) Pariñña Sutta . Overcoming clinging through understanding the sense-experience |
| S 35.68 | S 4.1.2.2.6 | SD 20.11 | Catuttha Samiddhi Sutta or Samiddhi Sutta 4 . Our senses are the world. |
| S 35.69 | S 4.1.2.2.7 | SD 71.6 | Upasena Sutta. Upasena's passing away. |
| S 35.70 | S 4.1.2.2.8 | *** | Upavana Sutta. The virtues of the Dharma explained. |
| S 35.74 | S 4.1.2.3.1 | SD 70.8 | Gilana Sutta 1. |
| S 35.75 | S 4.1.2.3.2 | *** | Gilana Sutta 2. |
| S 35.79 | S 4.1.2.3.6 | SD 12.6 | Avijja Sutta 1 . How true knowledge arises. |
| S 35.80 | S 4.1.2.3.7 | SD 16.9 | Avijja Pahana Sutta 2 . How to let go of "everything." |
| S 35.81 | S 4.1.2.3.8 | *** | Sambahula Bhikkhu Sutta. |
| S 35.82 | S 4.1.2.3.9 | SD 7.3 | (Lujjati) Loka Sutta . The world is constantly breaking up. |
| S 35.83 | S 4.1.2.3.10 | *** | (Atita,buddha) Phagguna Sutta. |
| S 35.87 | S 4.1.2.4.4 | SD 11.12 | Channovada Sutta . Suicide and Buddhism. = M 144. |
| S 35.90 | S 4.1.2.4.7 | SD 29.10 | Eja Sutta 1 . Not conceiving the sense in any way (abridged). |
| S 35.91 | S 4.1.2.4.8 | SD 29.11 | Eja Sutta 2 . Not conceiving the sense in any way (in full). |
| S 35.95 | S 4.1.2.5.2 | SD 5.9 | (Arahatta) Malunkyauputta Sutta . Minding the mind: Malunkyauputta goes into retreat and awakens. |
| S 35.97 | S 4.1.2.5.4 | SD 47.6 | Pamada Vihari Sutta . The dangers of negligence; the benefits of diligence. |
| S 35.103 | S 4.1.3.1.2 | SD *** | Uddaka Sutta. |
| S 35.116 | S 4.1.3.2.3 | SD 7.4 | Lokanta Gamana Sutta 1 . How the world will really end. |
| S 35.120 | S 4.1.3.2.7 | SD *** | Sariputta Sutta. |
| S 35.127 | S 4.1.3.3.4 | SD 27.6a | (2.4) Pindola Bharadvaja Sutta . Pindola teaches Udena to overcome sensual lust. |
| S 35.133 | S 4.1.3.3.10 | SD 46.14 | Verahaccani Sutta. The proper way to teach the Dharma. |
| S 35.134 | S 4.1.3.4.1 | SD *** | (Sekha) Deva,daha Sutta. The learners still have to develop spiritually. |
| S 35.146 | S 4.1.3.5.1 | SD 4.12 | (Nava Purana) Kamma Sutta . Karma in the light of the four noble truths. |
| S 35.152 | S 4.1.3.5.7 | SD *** | Kim Atthiya Sutta. |
| S 35.153 | S 4.1.3.5.8 | SD *** | Atthi Nu Kho Pariyaya Sutta. The five doubtful points. |
| S 35.155 | S 4.1.3.5.10 | SD 12.7 | (Ajjhata) Nandikkhaya Sutta . Mental liberation through reflecting on the senses as impermanent. |
| S 35.156 | S 4.1.4.1.1 | SD 12.8 | (Bahiddha) Nandikkhaya Sutta . Mental liberation through reflecting on the sense-objects as impermanent |
| S 35.162 | S 4.1.4.1.7 | SD *** | (Anicca) Kotthita Sutta. |
| S 35.163 | S 4.1.4.1.8 | SD *** | (Dukkha) Kotthita Sutta. |

| | | | |
|----------|--------------|-----------|--|
| S 35.164 | S 4.1.4.1.9 | SD *** | (Anatta) Kotthita Sutta. |
| S 35.228 | S 4.1.4.3.1 | SD *** | Samudda Sutta 1. |
| S 35.231 | S 4.1.4.3.4 | SD *** | Khira,rukkha Sutta. |
| S 35.232 | S 4.1.4.3.5 | SD 28.4 | (Samyojana) Kotthita Sutta . The Buddha has feelings but is not fettered by them |
| S 35.234 | S 4.1.4.3.7 | SD 26.4 | (Anatta) Udayi Sutta . Neither the body nor the mind has a self. |
| S 35.238 | S 4.1.4.4.1 | SD 28.1 | Asivisopama Sutta . The four elements, the aggregates and liberation |
| S 35.239 | S 4.1.4.4.2 | *** | Ratha Sutta. |
| S 35.240 | S 4.1.4.4.3 | SD 19.17 | Kummopama Sutta . The benefit of restraining the senses. |
| S 35.241 | S 4.1.4.4.4 | SD 28.5 | Daru-k.khandha Sutta 1 . Keeping to the middle way leads to liberation. |
| S 35.243 | S 4.1.4.4.6 | *** | Avassuta Sutta. |
| S 35.245 | S 4.1.4.4.8 | *** | Kimsukôpama Sutta. |
| S 35.246 | S 4.1.4.4.9 | SD 28.8 | Vina Sutta or Vinopama Sutta . Training the mind to restrain sense-desires. |
| S 35.247 | S 4.1.4.4.10 | SD 19.15 | Chapana Sutta . Taming the animal-like sense faculties. |
| S 35.248 | S 4.1.4.4.11 | SD 40a.3 | Yavakalapi Sutta. |
| S 36.3 | S 4.2.1.3 | SD *** | (Vedana) Pahana Sutta. Abandoning the latent tendencies regarding feelings. |
| S 36.4 | S 4.2.1.4 | SD 2.25 | Patala Sutta . On the symbolic nature of “hell”. |
| S 36.5 | S 4.2.1.5 | SD 17.3 | (5) Datthabba Sutta . On seeing rightly (embedded). |
| S 36.6 | S 4.2.1.6 | SD 5.5 | Sallatthena Sutta . Two kinds of pain. |
| S 36.7 | S 4.2.1.7 | SD *** | Gelañña Sutta 1. |
| S 36.10 | S 4.2.1.10 | SD *** | Phassa,mulaka Sutta. |
| S 36.11 | S 4.2.2.1 | SD 33.6 | Rahogata Sutta . The dhyanas and feeling. |
| S 36.19 | S 4.2.2.9 | SD 30.1 | Pañcakanga Sutta . The various way of classifying feelings. = M 59. |
| S 36.21 | S 4.2.3.1 | SD 5.6 | Sivaka Sutta . Not everything is due to karma. |
| S 36.22 | S 4.2.3.2 | *** | Atthasata Sutta. The different kinds of feelings. |
| S 36.22 | S 4.2.3.2 | SD 17.3 | (4.1) Atthasata Sutta . The different kinds of feelings. |
| S 36.31 | S 4.2.3.11 | *** | Suddhika Niramisa Sutta. |
| S 37.34 | S 4.3.3.10 | SD 3.4 | (4) (Savika) Vaddhi Sutta 1 . The fivefold growth of a female disciple. |
| S 38.2 | S 4.4.1.2 | SD *** | Arahatta Sutta. |
| S 40.1 | S 4.6.1.1 | SD 24.11 | Pathama Jhana Pañha Sutta or (Savitakka) Pathama Jhana Sutta. Progressing in the 1st dhyana. |
| S 40.2 | S 4.6.1.2 | SD 24.12a | Dutiya Jhana Pañha Sutta or (Avitakka) Dutiya Jhana Sutta. Progressing in 2nd dhyana. |
| S 40.3 | S 4.6.1.3 | SD 24.13 | Tatiya Jhana Pañha Sutta or (Sukhena) Tatiya Jhana Sutta. Progressing in the 3rd dhyana. |
| S 40.4 | S 4.6.1.4 | SD 24.14 | Catuttha Jhana Pañha Sutta or (Upekkhaka) Catuttha Jhana Sutta. How to progress in the 4th dhyana. |
| S 40.5 | S 4.6.1.5 | SD 24.15 | Akasanañcayatana Pañha Sutta . Progressing in the sphere of infinite space. |
| S 40.6 | S 4.6.1.6 | SD 24.16 | Viññāaāñcayatana Pañha Sutta . Progressing in the sphere of infinite consciousness. |
| S 40.7 | S 4.6.1.7 | SD 24.17 | Akiñcaññayatana Pañha Sutta . Progressing in the sphere of nothingness. |
| S 40.8 | S 4.6.1.8 | SD 24.18 | Nevasaññanâsaññayatana Pañha Sutta . Progressing in the sphere of neither-perception-nor-non-perception. |
| S 40.9 | S 4.6.1.9 | SD 24.19 | Animitta Cetosamadhi Pañha Sutta . Progressing in the signless concentration. |
| S 41.1 | S 4.7.1.1 | SD 32.11 | Sannojana Sutta . Citta explains the nature of mental fetters to the monks. |
| S 41.2 | S 4.7.1.2 | SD 65.10 | Isi,datta Sutta 1. |
| S 41.3 | S 4.7.1.3 | SD 65.11 | Isi,datta Sutta 2. Self-identity view is the source of wordly discourse. |
| S 41.4 | S 4.7.1.4 | SD 27.2 | Mahaka Patihariya Sutta . The psychic miracles of the monk Mahaka. |
| S 41.5 | S 4.7.1.5 | SD *** | Kamabhu Sutta 1. |
| S 41.6 | S 4.7.1.6 | SD 48.7 | Kamabhu Sutta 2 . The meditating mind and body during suspended |

| | | | |
|----------|----------------|---------------------------|--|
| | | | animation. |
| S 41.7 | S 4.7.1.7 | SD 60.4 | Go,datta Sutta. |
| S 41.8 | S 4.7.1.8 | SD 40a.7 | Nigantha Nataputta Sutta . Citta the householder does not go by faith. |
| S 41.9 | S 4.7.1.9 | SD 45.14 | (Arahatta) Acelaka Kassapa Sutta 2 . Citta the householder as a non-returner. Cf S 12.17. |
| S 41.10 | S 4.7.1.10 | SD 16.16 | Gilanadassana Sutta . How the dying lay-disciple Citta counsels the living. |
| S 42.2 | S 4.8.1.2 | SD 20.8 | Talaputa Sutta . How an actor-dancer became a monk. |
| S 42.3 | S 4.8.1.3 | SD 23.3 | Yodhajiva Sutta . The mercenary killer's karma. |
| S 42.4 | S 4.8.1.4 | SD *** | Hatth'aroḥa Sutta. |
| S 42.5 | S 4.8.1.5 | SD *** | Assaroḥa Sutta. |
| S 42.6 | S 4.8.1.6 | SD 39.9 | Asibandhakaputta Sutta or Pacchabhumaka Sutta or Mataka Sutta. Prayers do not affect a person's destiny or afterlife. |
| S 42.7 | S 4.8.1.7 | SD 12.1 | (3.2) (Khetta) Desana Sutta . The parable of the three fields: the Buddha's priorities. |
| S 42.8 | S 4.8.1.8 | SD 57.9 | Sankha Sutta. |
| S 42.9 | S 4.8.1.9 | SD 7.11 | (Asibandhaka,putta) Kula Sutta . Eight causes of destruction of families. |
| S 42.10 | S 4.8.1.10 | SD 4.21 | Maniculaka Sutta . Monastics prohibited from accepting money. |
| S 42.13 | S 4.8.1.13 | SD *** | Pataliya Sutta. Right view is having no view. |
| S 43.1 | S 4.9.1.1 | SD 12.21 | (1) Kayagatasati Sutta . The unconditioned and the path to it. |
| S 43.11 | S 4.9.1.11 | *** | Magganga Sutta. |
| S 43.12 | S 4.9.2.1 | *** | Asankhata Sutta. |
| S 43.44 | S 4.9.2.33 | *** | Parayana Sutta. |
| S 44.1 | S 4.10.1.1 | SD 63.6 | Khema Theri Sutta. |
| S 44.7 | S 4.10.1.7 | *** | (Vaccha,gotta) Moggallana Sutta. |
| S 44.8 | S 4.10.1.8 | *** | (Avyakata) Vaccha,gotta Sutta. |
| S 44.9 | S 4.10.1.9 | SD 23.15 | Kutuhalasala Sutta . Rebirth is driven by karmic fuel. |
| S 44.10 | S 4.10.1.10 | *** | (Vaccha,gotta) Ananda Sutta. |
| S 44.11 | S 4.10.1.11 | *** | (Vaccha,gotta) Sabhiya Kaccana Sutta. |
| S 45.1 | S 5.1.1.1 | *** | (Pubbangama) Avijja Sutta. |
| S 45.2 | S 5.1.1.2 | SD 34.9 | Upaddha Sutta . Spiritual friendship is the holy life |
| S 45.3 | S 5.1.1.3 | SD 34.10 | (Kalyanamittata) Sariputta Sutta . Spiritual friendship is the whole of the holy life. |
| S 45.8 | S 5.1.1.8 | SD 14.5 | (Magga) Vibhanga Sutta . A definition of the path factors. |
| S 45.26 | S 5.1.3.6 | SD 47.3a | Asappurisa Sutta 2 . False persons, true individuals, and spiritual progress. |
| S 45.31 | S 5.1.4.1 | SD 47.20a | Patipatti Sutta 1. The wrong practice and the right practice. |
| S 45.32 | S 5.1.4.2 | SD 47.20b | Patipatti Sutta 2. The one practises the wrong way and the one practises the right way. |
| S 45.49 | S 5.1.6.1 | SD 34.11 | Kalyanamitta Sutta 1 . The external condition for the noble eightfold path. |
| S 45.55 | S 5.1.6.7 | SD 34.12 | Yoniso Manasikara Sampada Sutta . The internal condition for the noble eightfold path. |
| S 45.143 | S 5.1.13.17-20 | SD 42.24 | Saragandha Sutta . Diligence is the foremost of wholesome states (detailed). |
| S 45.158 | S 5.1.12.10 | SD 20.16 | (Magga) Nava Sutta . The noble eightfold path leads to awakening. |
| S 45.162 | S 5.1.13.2 | SD *** | Vidha Sutta. On the three conceits (discriminations). |
| S 45.175 | S 5.1.14.5 | SD 19.1 | (4.3) (Satta) Anusaya Sutta . The noble path overcomes the latent tendencies. |
| S 46.2 | S 5.2.1.2 | *** | (Ahara) Kaya Sutta. |
| S 46.3 | S 5.2.1.3 | SD 10.15 | Bojjhanga Sila Sutta . Spiritual friendship and sainthood. |
| S 46.8 | S 5.2.1.8 | *** | Upavana Sutta. |
| S 46.14 | S 5.2.2.4 | SD 43.11 | Gilana Sutta 1 or (Maha Kassapa) Gilana Sutta. Maha Kassapa's illness is overcome through reflecting on the awakening factors. |
| S 46.15 | S 5.2.2.5 | SD 43.12 | Gilana Sutta 2 or (Moggallana) Gilana Sutta. Moggallana's illness is overcome through reflecting on the awakening factors. |

| | | | |
|----------|------------|--------------|--|
| S 46.16 | S 5.2.2.6 | SD 43.13 | Gilana Sutta 3 or (Bhagava) Gilana Sutta. The Buddha's illness is overcome through reflecting on the awakening factors.. |
| S 46.26 | S 5.2.3.6 | *** | Khaya Sutta. |
| S 46.30 | S 5.2.3.10 | SD 28.10 | (Khandha) Udayi Sutta . Maha Udayi's lion-roar. |
| S 46.33 | S 5.2.4.3 | *** | (Sankhitta) Kilesa Sutta. The five mental hindrances. See A 5.23. |
| S 46.38b | S 5.2.4.8 | SD 3.2 | Anivarana Sutta . Mental hindrances. See under Essays. |
| S 46.41 | S 5.2.5.1 | *** | Vidha Sutta. On the three conceits (discriminations). |
| S 46.42 | S 5.2.5.2 | *** | (Ahara) Kaya Sutta. |
| S 46.51 | S 5.2.6.1 | SD 7.15 | (Nivarana Bojjhanga) Ahara Sutta . How the mental hindrances and the awakening-factors are nourished and starved. |
| S 46.52 | S 5.2.6.2 | SD 62.6 | Pariyaya Sutta. |
| S 46.54 | S 5.2.6.4 | SD 10.11 | Mettasahagata Sutta = Haliddavasana Sutta . How lovingkindness leads to awakening. |
| S 46.55 | S 5.2.6.5 | SD 3.12 | (Nivarana) Sangarava Sutta . Calm and clear mind through clearing emotional blocks |
| S 47.3 | S 5.3.1.3 | SD 24.6a | (Anubbadha) Bhikkhu Sutta or (Satipatthana) Bhikkhu Sutta. The mind can only truly focus in mental solitude. |
| S 47.4 | S 5.3.1.4 | SD *** | Sala Sutta. |
| S 47.7 | S 5.3.1.7 | SD 41.7 | Makkata Sutta . The meditative mind keeps Mara away. |
| S 47.8 | S 5.3.1.8 | SD 28.15 | Suda Sutta . Meditation is like good cooking. |
| S 47.10 | S 5.3.1.10 | SD 24.2 | Bhikkhuni Vasaka Sutta or Bhikkhunūpassaya Sutta . Directed and undirected cultivations |
| S 47.11 | S 5.3.2.1 | SD 19.6 | Mahapurisa Sutta . Who is truly great? |
| S 47.12 | S 5.3.2.2 | SD 12.18 | Nalanda Sutta . Sariputta's lion-roar: his last meeting with the Buddha. |
| S 47.15 | S 5.3.2.5 | SD 47.10 | (Satipatthana) Bahiya Sutta or Bahika Sutta. The arhathood of Bahiya. |
| S 47.16 | S 5.3.2.6 | SD 47.11(12) | (Arahatta) Uttiya Sutta . Moral virtue is the basis of proper meditation. |
| S 47.18 | S 5.3.2.8 | *** | *** Sutta. |
| S 47.19 | S 5.3.2.9 | SD 12.19 | Sedaka Sutta . Truly guarding self and guarding others. |
| S 47.40 | S 5.3.4.10 | SD 12.11 | (Satipatthana) Vibhanga Sutta . Insight cultivation through watching impermanence. |
| S 47.42 | S 5.3.5.2 | SD 17.8b | (2.3) Samudaya Sutta . How the four objects of mindfulness arise and disappear. |
| S 47.48 | S 5.3.5.8 | SD 12.20 | (Satipatthana) Mitta Sutta . Exhort others to practise satipatthana. |
| S 48.12 | S 5.4.2.2 | SD 56.8 | (Indriya) Sankhitta Sutta 1. The five faculties and personal progress. |
| S 48.13 | S 5.4.2.3 | SD 56.9 | (Indriya) Sankhitta Sutta 2. The five faculties and personal progress. |
| S 48.14 | S 5.4.2.4 | SD 56.10 | (Indriya) Sankhitta Sutta 3. The five faculties and personal progress. |
| S 48.15 | S 5.4.2.5 | SD 56.11 | (Indriya) Vitthara Sutta 1. The five faculties and personal progress. |
| S 48.16 | S 5.4.2.6 | SD 56.12 | (Indriya) Vitthara Sutta 2. The five faculties and personal progress. |
| S 48.17 | S 5.4.2.7 | SD 56.13 | (Indriya) Vitthara Sutta 3. The five faculties and personal progress. |
| S 48.18 | S 5.4.2.8 | SD 47.19 | (Bahira) Patipanna Sutta . Those not yet on the path are outsiders. |
| S 48.35 | S 5.4.4.5 | SD 17.3 | (4.4) (Indriya) Vibhanga Sutta 1 . On the analysis of the faculties. |
| S 48.39 | S 5.4.4.9 | *** | Arani Sutta. The parable of the fire-sticks. |
| S 48.41 | S 5.4.5.1 | SD 42.5 | (Ananda) Jara Sutta . Even the Buddha's body decays physically. |
| S 48.42 | S 5.4.5.2 | SD 29.3 | Unnabha Brahmana Sutta . The five physical sense-faculties do not overlap. |
| S 48.44 | S 5.4.5.4 | SD 10.7 | Pubbakohaka Sutta . The nature of faith in Buddhism. |
| S 48.50 | S 5.4.5.10 | SD 10.4 | Apana Sutta . The sense, spiritual faculties and powers of a practitioner. |
| S 51 | S 5.7 | SD 10.3 | Iddhipada Samyutta . The connected sayings on the four bases of spiritual power. |
| S 51.1 | S 5.7.1.1 | SD 10.3 | Apara Sutta . The four bases of spiritual power. |
| S 51.10 | S 5.7.1.10 | *** | Cetiya Sutta. |
| S 51.11 | S 5.7.2.1 | *** | Pubba Sutta. |

| | | | |
|---------|-------------|----------|---|
| S 51.12 | S 5.7.2.2 | *** | Mahapphala Sutta. |
| S 51.13 | S 5.7.2.3 | SD 10.3 | Chanda Samadhi Sutta . An analysis of the 4 bases of spiritual power. |
| S 51.14 | S 5.7.2.4 | SD 27.8 | (Pasadakampana) Moggallana Sutta . Using psychic powers to discipline others. |
| S 51.15 | S 5.7.2.5 | SD 10.10 | (Kosambi) Unnabha Sutta . Not all desires are bad, or the path to success. |
| S 51.20 | S 5.7.2.10 | SD 28.14 | Iddhipada Vibhanga Sutta . Keeping our meditation balanced. |
| S 51.31 | S 5.7.3.11 | SD 27.7 | (Iddhi) Moggallana Sutta . Moggallana's psychic powers. |
| S 52.1 | S 5.8.1.1 | SD 12.17 | Rahogata Sutta 1 . Advanced satipatthana practice. |
| S 52.2 | S 5.8.1.2 | SD 12.16 | Rahogata Sutta 2 . Vipassana through satipatthana. |
| S 54.1 | S 5.10.1.1 | SD *** | Eka,dhamma Sutta. The benefit of breath meditation. |
| S 54.7 | S 5.10.1.7 | SD 24.7 | (Satipatthana) Maha Kappina Sutta . Cultivating breath meditation to reach samadhi. |
| S 54.8 | S 5.10.1.8 | SD 62.2 | Padôpama Sutta. Benefits of breath meditation. |
| S 54.9 | S 5.10.1.9 | SD *** | (Anâpana,sati) Vesali Sutta. |
| S 54.10 | S 5.10.1.10 | SD 12.22 | (Anâpana Samadhi) Kimbila Sutta . Satipatthana via breath meditation. |
| S 54.11 | S 5.10.2.1 | SD 44.9 | Iccha,nangala Sutta. The Buddha's noble dwelling. |
| S 54.12 | S 5.10.2.2 | SD *** | Kankheyya Sutta. |
| S 54.13 | S 5.10.2.3 | SD *** | (Anâpana,sati) Ananda Sutta 1. |
| S 55.14 | S 5.10.2.4 | SD *** | (Anâpana,sati) Ananda Sutta 2. |
| S 54.15 | S 5.10.2.5 | SD *** | (Anâpana,sati) Bhikkhu Sutta 1. |
| S 54.16 | S 5.10.2.6 | SD *** | (Anâpana,sati) Bhikkhu Sutta 2. |
| S 54.17 | S 5.10.2.7 | SD *** | Sanyojana Pahana Sutta. |
| S 55.18 | S 5.10.2.8 | SD *** | Anusaya Samugghata Sutta. |
| S 54.19 | S 5.10.2.9 | SD *** | Addhana Pariñña Sutta. |
| S 54.20 | S 5.10.2.10 | SD *** | Asava-k,khaya Sutta. |
| S 55.2 | S 5.11.1.2 | SD *** | Ogadha Sutta. |
| S 55.3 | S 5.11.1.3 | SD 23.16 | Dighavu Sutta . Streamwinning and the 6 things conducive to true knowledge. |
| S 55.5 | S 5.11.1.5 | SD 16.5 | Sariputta Sutta 2 . Definitions of streamwinning. |
| S 55.6 | S 5.11.1.6 | SD 42.7 | Thapati Sutta . Laymen as streamwinners. |
| S 55.7 | S 5.11.1.7 | SD 1.5 | Veludvareyya Sutta . The 4 precepts, the golden rule, values and streamwinning. |
| S 55.21 | S 5.11.3.1 | SD 23.1a | (Gati) Mahanama Sutta 1 . A true follower will not die in vain. |
| S 55.22 | S 5.11.3.2 | SD 23.1b | (Gati) Mahanama Sutta 2 . A true follower will not die in vain. |
| S 55.24 | S 5.11.3.4 | SD 3.6 | Sarakani Sutta 1 . Even a drunk can awaken. |
| S 55.24 | S 5.11.3.4 | SD 10.5 | Sarakani Sutta 1: Pañca Bala. The 5 spiritual powers. |
| S 55.26 | S 5.11.3.6 | SD 23.2a | Anathapindika Sutta 1 . Bedside ministry: the ten limbs of streamwinning. |
| S 55.27 | S 5.11.3.7 | SD 23.2b | Anathapindika Sutta 2 . Bedside ministry: the four limbs of streamwinning. |
| S 55.28 | S 5.11.3.8 | SD *** | Pañca Vera Sutta = Bhaya Vera S (A 10.92/5:182-184). |
| S 55.37 | S 5.11.4.7 | SD 6.2 | (Upasakasampada) Mahanama Sutta . The spiritual qualities of a true lay follower. |
| S 55.38 | S 5.11.4.8 | SD 45.10 | (Sotapattiyanga) Vassa Sutta . The true faith of the saints. |
| S 55.40 | S 5.11.4.10 | SD 47.1 | (Sotapanna) Nandiya Sutta . A streamwinner should build up his mindfulness practice. |
| S 55.53 | S 5.11.6.3 | SD 46.4 | Dhammadinna Sutta . Spiritual training for busy lay followers. |
| S 55.54 | S 5.11.6.4 | SD 4.10 | (Mahanama) Gilayana Sutta or (Mahanama) Gilana Sutta or (Mahanama) Roga Sutta. How to die as a saint. |
| S 55.55 | S 5.11.6.5 | SD 3.3 | (Sotapatti) Phala Sutta . The limbs for streamwinning. See under Essays. |
| S 56.11 | S 5.12.2.1 | SD 1.1 | Dhammacakka Pavattana Sutta . The Buddha's First Discourse. |
| S 56.20 | S 5.12.2.10 | SD *** | Tatha Sutta 1. Nature of the four noble truths. |
| S 56.27 | S 5.12.3.7 | SD *** | Tatha Sutta 2. Why the noble truths are so called. |
| S 56.30 | S 5.12.3.10 | SD 53.1 | Gavampati Sutta. Understanding one truth, we understand all the four truths. |

| | | | |
|---------|-------------|---------|---|
| S 56.31 | S 5.12.4.1 | SD 21.7 | Simsapa Sutta . All that we need to know to be free. |
| S 56.32 | S 5.12.4.2 | SD 21.8 | Khadira Sutta . To be liberated is to know the four noble truths. |
| S 56.40 | S 5.12.4.10 | SD *** | (Bahira) Nandiya Sutta. The minimum standard for being truly Buddhist. |
| S 56.46 | S 5.12.5.6 | SD 53.2 | Andha,kara Sutta. |
| S 56.47 | S 5.12.5.7 | SD *** | Tala-c,chiggalûpama Sutta. |

(A) Anguttara Nikaya [ongoing]

| Sutta ref. | SD No. | Sutta title. [Theme] |
|-------------------|---------------|--|
| A 1.2 | SD 16.3 | Nivarana Pahana Vagga . The 5 mental hindrances: their causes and ending. |
| A 1.6.1-2 | SD 8.3 | (6) Pabhassara Sutta . The radiant nature of the mind. |
| A 1.6.3-5 | SD 2.13 | Culacchara Sutta . Lovingkindness works for even a moment. |
| A 1.16 | SD 24.8 | (2.3) (Ekadhamma Anussati Sutta) . The 10 meditations that bring mental oneness. |
| A 1.18.3 | SD 27.1 | (M 56.4n) Micchaditthi Sutta . Attachment to wrong view if greatly blameworthy. |
| A 1.19 | SD 57.8 | Apamattaka Vagga. On the rarity of good rebirths. |
| A 2.1.1-10 | *** | Kamma,karana Vagga. The importance of spiritual effort. |
| A 2.3.1 | SD 58.4 | Dve Balapandita Sutta. The wise is amenable. |
| A 2.3.4-5 | SD 2.6b | Neyyattha Nitattha Sutta . Two types of religious language. |
| A 2.3.10 | SD 3.2 | Samatha Vipassana Sutta : See under Essays. |
| A 2.4.2 | SD 90.1 | Matapitu Sutta. 2 persons not easy to be repaid. |
| A 2.4.6 | *** | Sama,citta Sutta. Rebirth of the learners. |
| A 2.5.6 | *** | (Patipuccha) Parisa Sutta. Training in questioning, avoiding vain talk. |
| A 2.7-9 | SD 2.5 | Kanha Sutta, Sukka Sutta & Cariya Sutta . Moral shame, moral fear: guardians of the world. |
| A 2.7.1 | *** | Ghipabbajja Sukha Sutta. The happiness of the householder and the renunciant. |
| A 2.7.2 | *** | Kamanekkhama Sukha Sutta. The happiness of sensuality and of renunciation. |
| A 2.7.3 | *** | Upadhinirupadhi Sukha Sutta. The happiness of acquisition and of non-acquisition. |
| A 2.7.4 | *** | Asavânasava Sukha Sutta. The happiness of influxes and of the influx-free. |
| A 2.7.5 | *** | Samisa,niramisa Sukha Sutta. Material happiness and spiritual happiness. |
| A 2.7.6 | *** | Ariyânariya Sukha Sutta. Noble happiness and ignoble happiness. |
| A 2.7.7 | *** | Kayikacetasika Sukha Sutta. Happiness of body and happiness of mind. |
| A 2.7.8 | *** | Sappitika Nippitika Sukha Sutta. The zestful happiness and the zest-free happiness. |
| A 2.7.9 | *** | Sata,upekkha Sukha Sutta. The happiness of pleasure and of equanimity. |
| A 2.7.10 | *** | Samadhi Asamadhi Sukha Sutta. Happiness of concentration & non-concentration. |
| A 2.7.11 | *** | Sappitikarammana Nippitikarammana Sukha Sutta. The happiness of a zestful object and of a zest-free object. |
| A 2.7.12 | *** | Satarammana Upekkharammana Sukha Sutta. The happiness of a pleasurable object and of an equanimous object. |
| A 2.7.13 | SD 24.15 | Rupâruparammana Sukha Sutta . Two kinds of happiness.. |
| A 2.8 | SD 2.5 | Sukka Sutta . The two world-protectors. |
| A 2.8.1 | SD 24.19 | Sanimitta Sutta . The signless wards off unwholesome thoughts. |
| A 2.9 | SD 2.5 | Cariya Sutta . The two world-protectors. |
| A 2.39 | SD 47.7 | Cora Raja Sutta . Good monks and bad monks affect one another. |
| A 3.15 | SD 17.7 | (Pacetana) Rathakara Sutta . The nature of abhisankhara. |
| A 3.16 | SD *** | *** |
| A 3.19 | SD 37.2a | Papanika Sutta 1 . The conditions for wealth to arise. |
| A 3.20 | SD 37.2b | Papanika Sutta 2 . How to be rich and happy. |
| A 3.29 | SD 76.3 | Cankama Sutta . The benefits of walking meditation. |
| A 3.31 | SD 90.2 | Sabrahmaka Sutta. Our parents are our creators. |
| A 3.32a | SD 31.8a | (Anusaya) Ananda Sutta . Possibility of overcoming I-making. |
| A 3.32b | SD 31.8b | (Anusaya) Sariputta Sutta . Overcoming I-making. |

| | | |
|-----------|----------------------|--|
| A 3.33 | SD 4.14 | (Kamma) Nidana Sutta . The seed-like nature of karma. |
| A 3.34 | SD 4.8 | Hatthaka Alavaka Sutta . The bases of solidarity; true happiness. |
| A 3.35 | SD 48.10 | (Yama) Devaduta Sutta . The 3 realities of sentient existence. |
| A 3.38 | SD 5.16 | (19d) Sukhumala Sutta . The three intoxications (youth, health and life). |
| A 3.38 | SD 63.7 | Sukhumala Sutta. The three intoxications (youth, health and life). |
| A 3.39 | SD 42.13 | Mada Sutta . The 3 kinds of intoxication. |
| A 3.40 | SD 27.3 | Adhipateyya Sutta . On the true priorities that bring liberation. |
| A 3.40 | SD 3.14 | (14) Adhipateyya Sutta . The Buddha and the devas know our deeds. |
| A 3.40 | SD 19.13 | (2) Adhipateyya Sutta . (Closing verse.) |
| A 3.53 | SD 15.8a | (Sanditthika Dhamma) Brahmana Sutta . The nature of the Dharma. |
| A 3.54 | SD 15.8b | Paribbajaka Brahmana Sutta . The purpose of the Dharma. |
| A 3.57 | SD 22.12 | (Dana) Vacchagotta Sutta . Benefits of giving to those freed from mental hindrances. |
| A 3.58 | *** | Tikanna Sutta. The one with the three true knowledges. |
| A 3.59 | *** | (Tevijja) Janussoni Sutta. The one with the three true knowledges. |
| A 3.60 | SD 16.10 | (Patihariya) Sangarava Sutta . The greatest miracle is education. |
| A 3.61 | SD 6.8 | Tittayatana Sutta . The three wrong views regarding karma. |
| A 3.63 | SD 21.1 | Venagapura Sutta . The Buddha's qualities and virtues. |
| A 3.65 | SD 35.4a SD 35.4b | Kesaputtiya Sutta , Kalama Sutta or Kesamuttiya(ya) Sutta. True religious worth and spiritual assurance. Kesaputtiya Sutta & MA 16 . Comparative translation of Kesaputtiya Sutta (A 3.65) and Chinese Kalama Sutra (MA 16/T1n26.438b14) |
| A 3.66 | SD 43.6 | Salha Sutta . The possibility of overcoming greed, hate and delusion. |
| A 3.67 | SD 46.11 | Kathavatthu Sutta . Answering questions and qualities of a true Dharma speaker. |
| A 3.68 | SD 16.4 | (Akusalamula) Aññatitthiya Sutta . The nature of the 3 unwholesome roots. |
| A 3.69 | SD 18.2 | Mula Sutta . The roots of moral actions. |
| A 3.70 | SD 4.18 | (Tad-ah') Uposatha Sutta . Types of precept days or sabbaths. |
| A 3.71 | SD 18.10 | Channa Paribbajaka Sutta . On overcoming the 3 unwholesome roots. |
| A 3.74 | *** | Nigantha Sutta. |
| A 3.76-77 | SD 23.13 | Bhava Sutta 1-2 . Karma. rebirth and existence. |
| A 3.80 | SD 53.1 | (Ananda) Abhibhu Sutta. On parallel universes and Ananda's surety of liberation. |
| A 3.81 | SD 24.10b | (Gadrabha) Samana Sutta . Spiritual learning and growth through spiritual training. |
| A 3.85 | SD 3.3 | (2) (Sekha) Uddesa Sutta . The three trainings and 4 kinds of saints. See Essays. |
| A 3.88 | SD 24.10c | (Ti) Sikkha Sutta . The training of moral virtue, of mental concentration and of wisdom |
| A 3.89 | SD 47.17 | Sikkhattaya Sutta . The 3 trainings: moral virtue, mental concentration and wisdom (with verses). |
| A 3.90 | SD 47.18 | Pankadha Sutta . All monastics should desire the 3 trainings. |
| A 3.91 | SD 47.13 | Accayika Sutta . The urgency of the 3 trainings.. |
| A 3.92 | SD 44.2 | Paviveka Sutta . The nature of true spiritual solitude. |
| A 3.99 | SD 3.5 | Lonaphala Sutta . How loving kindness can limit bad karma. |
| A 3.100a | SD 19.11 | Pamsudhovaka Sutta . Refining our meditation practice. |
| A 3.100b | SD 19.12 | Nimitta Sutta . Samadhi, effort and equanimity. |
| A 3.101 | SD 14.6 | (Assada) Pubbe Sambodha Sutta . The world can never satisfy us completely.. |
| A 3.101 | SD 13.1 | (4.2d) The Satipatthana Suttas . Introduction. Pubba Sutta. |
| A 3.102 | SD 14.7 | (Loka) Assada Sutta . Escape from suffering is possible. |
| A 3.103 | SD 37.3 | Runna Sutta . The way of the world is not for monastics. |
| A 3.105 | SD 48.8ab | Kutagara Sutta 1 or Akkhita Sutta. The mind affects all our actions. |
| A 3.106 | SD 48.8ab | Kutagara Sutta 2 or Vyapanna Sutta. The mind affects all our actions. |
| A 3.115 | *** | (Sikkha) Vipatti Sutta. On fulfilling the training. |
| A 3.116 | *** | (Kamma) Vipatti Sutta. |
| A 3.123 | SD 11.10 | Gotamaka Cetiya Sutta . Conclusion to the Mulapariyaya Sutta. |
| A 3.128 | SD 19.4 | (Arahatta) Anuruddha Sutta . Anuruddha's awakening. |

| | | |
|---------|----------|---|
| A 3.134 | SD 26.8 | Dhammaniyama Sutta or Uppada Sutta . The characteristics of impermanence, suffering and not-self. |
| A 4.10 | SD 4.20 | (Abbha) Upakkilesa Sutta . Accepting money is an impurity for a monastic. |
| A 4.14 | SD 10.2 | (Catu) Padhana Sutta . The four right efforts or the dynamics of spiritual growth. |
| A 4.20 | SD 89.10 | Bhattuddesaka Sutta . Freedom from the 4 biases. |
| A 4.21 | SD 12.3 | Uruvela Sutta 1 . Even the Buddha respects the Dharma. = S 6.2. |
| A 4.22 | *** | Uruvela Sutta 2. |
| A 4.23 | SD 15.7 | (2.1.2) (Tathâgata) Loka Sutta . The qualities of the Tathagata. |
| A 4.24 | SD 62.2 | Kalakarama Sutta. |
| A 4.33 | SD 42.15 | (Catukka) Siha Sutta . Even the gods fear impermanence. |
| A 4.34 | *** | Agga-p,pasada Sutta. |
| A 4.35 | *** | Vassa,kara Sutta. |
| A 4.36 | SD 36.13 | (Pada) Dona Sutta . The Buddha is one of a kind. |
| A 4.37 | *** | Aparihana Sutta. |
| A 4.39 | *** | Ujjaya Sutta. |
| A 4.41 | SD 24.1 | Samadhibhavana Sutta . The discourse on the cultivation of Samadhi. |
| A 4.42 | SD 46.12 | Pañha Vyakarana Sutta. The 4 ways of answering a question. |
| A 4.44 | *** | *** |
| A 4.45 | SD 7.2 | Rohitassa Sutta . The end of the world cannot be reached by going. |
| A 4.48 | SD 58.3 | Visakha Sutta. Excellence in oration. |
| A 4.49 | SD 16.11 | Vipallasa Sutta . Perverted perceptions, thoughts, and views. |
| A 4.53 | *** | Samvasa Sutta 2. Types of marriages. |
| A 4.54 | SD 64.11 | Samvasa Sutta 2.The ideal couple. |
| A 4.55 | SD 5.1 | Samajivi Sutta 1 . Living as ideal loving partners here and hereafter. |
| A 4.57 | SD 22.13 | Suppavasa Sutta . Four blessings from giving food. |
| A 4.61 | SD 37.12 | Patta Kamma Sutta . How to enjoy the benefits of both worlds. |
| A 4.62 | SD 2.2 | Anana Sutta or Ananya Sutta. The true benefits of Worldly happiness. |
| A 4.65 | SD 3.14 | Rupa Sutta . The four measures of charisma. |
| A 4.77 | SD 27.5a | (5.5.2) Acinteyya Sutta . The four unfathomable things. |
| A 4.85 | SD 18.6 | (S 3.21) (Sankhitta) Puggala Sutta . Two kinds of decline & two kinds of progress. |
| A 4.87 | SD 20.13 | Samanamacala Sutta 1 . Four types of saints in terms of meditation attainment. |
| A 4.88 | SD 20.14 | Samanamacala Sutta 2 . Four types of noble saints according to fetters broken. |
| A 4.92 | SD 14.12 | Thanani Sutta . How to truly know a person's character. |
| A 4.95 | SD 64.5 | Chavâlata Sutta. The one who benefits himself and others is the foremost. |
| A 4.96 | SD 64.6 | Atta,hita Sutta 1. Restraining from the three unwholesome roots. |
| A 4.97 | SD 64.7 | Atta,hita Sutta 2. Personal and social benefits of spiritual learning. |
| A 4.98 | SD 64.8 | Atta,hita Sutta 3. Four kinds of persons in terms of benefit (summary) |
| A 4.99 | SD 64.9 | Atta,hita Sutta 4 or Atta,hita Sikkhapada Sutta. Friendship and moral virtue. |
| A 4.111 | SD 15.7 | (3.6) Kesi Sutta . How the Buddha trains his disciples. Parable of the horse trainer. |
| A 4.111 | SD 51.3 | Kesi Sutta. How the Buddha trains his disciples. Parable of the horse trainer. |
| A 4.118 | *** | Samvega Sutta. |
| A 4.122 | SD 47.9 | Umi Bhaya Sutta . How renunciation can fail. |
| A 4.123 | SD 23.8a | (Nanakarana) Puggala Sutta 1 . Even gods go to hell; rebirth according to dhyana. |
| A 4.124 | SD 23.8b | (Nanakarana) Puggala Sutta 2 . Becoming a non-returner through dhyana. |
| A 4.125 | SD 33.9 | (Nanakarana) Metta Sutta 1 . Using the divine abodes to attain spiritual liberation. |
| A 4.126 | SD 33.10 | (Nanakarana) Metta Sutta 2 . Using the divine abodes to attain non-return. |
| A 4.127 | SD 36.15 | (Tathagata) Acchariya Sutta 1 . 4 marvels attending the Buddha's advent & Buddhist development.. |
| A 4.128 | SD 21.11 | Acchariya Sutta 2 (Tathagata) . Four marvels associated with the Buddha's arising. |
| A 4.129 | *** | Acchariya Sutta 3 (Cakkavatti). |

| | | |
|-----------|-----------|---|
| A 4.139 | SD 46.10 | (Catukka) Dhammakathika Sutta . The 4 kinds of Dharma speakers and their respective audiences. |
| A 4.143 | SD 3.13 | (3.3) Ugghatitaññu Sutta . The four types of unawakened learners. |
| A 4.150 | SD 6.7 | Sugata Vinaya Sutta . On the confusion regarding the Teaching. |
| A 4.157.1 | SD 5.4 | (5) Roga Sutta (excerpt). Two kinds of illnesses: physical and mental. |
| A 4.157.1 | *** | Roga Sutta. Two kinds of illnesses: physical and mental. |
| A 4.157.2 | *** | Pabbajitassa Roga. The four diseases of the renunciant. |
| A 4.159 | SD 10.14 | (Tanha) Bhikkhuni Sutta . Overcoming lust: fighting poison with poison. |
| A 4.160 | SD 6.7 | Sugata Vinaya Sutta . Four reasons for the disappearance of the Dharma. |
| A 4.161 | SD 18.7 | (Sankhitta) Patipada Sutta . The 4 modes of spiritual progress (in brief). |
| A 4.162 | SD 18.3 | (Vitthara) Patipada Sutta . Spiritual progress by way of the five faculties.. |
| A 4.163 | *** | (Asubha) Patipada Sutta. The 4 modes of progress in terms of foulness contemplation. |
| A 4.164 | *** | (Khama) Patipada Sutta. The 4 modes of progress in terms of patience (internal). |
| A 4.165 | *** | (Khama) Patipada Sutta. The 4 modes of progress in terms of patience (external). |
| A 4.166 | *** | Patipada Sutta. The 4 modes of progress in terms |
| A 4.167 | SD 46.16 | Sariputta Moggallana Sutta 1 . Moggallana's mode of progress. |
| A 4.168 | SD 46.17 | Sariputta Moggallana Sutta 2 . Sariputta's mode of progress. |
| A 4.169 | *** | (Sasankhara) Patipada Sutta. The 4 modes of progress in terms effort and time. |
| A 4.170 | SD 41.5 | (Yuganaddha) Patipada Sutta. The 4 modes of progress in terms calm and insight. |
| A 4.171 | *** | Sañcetana Sutta. Karma: how it arises and ceases. |
| A 4.171 | SD 31.2 | Sañcetana Sutta (to Ananda) : embedded in S 12.25 (Kammavada) Bhumija Sutta. |
| A 4.173 | SD 28.4 | (4.5) (Sariputta) Patisambhida Sutta . Sariputta's four analytic skills. |
| A 4.174 | *** | (Cha Phassayatana) Kotthita Sutta. Proliferation through contact. |
| A 4.177 | *** | (Dhatu) Rahula Sutta. |
| A 4.180 | SD 3.1 | (Mahâpadesa Sutta) . The 4 great references. See under Essays. |
| A 4.184 | SD 14.8 | Abhaya Sutta . Overcoming the fear of death. |
| A 4.187 | SD 45.6 | (Sappurisâsappurisa) Vassakara Sutta. Who can really know others? |
| A 4.190 | SD 15.10b | (Sangha) Uposatha Sutta . The spiritual benefits of being a noble disciple. |
| A 4.192 | SD 14.12 | Thanani Sutta . How to truly know a person's character. |
| A 4.193 | SD 45.8 | (Licchavi) Bhaddiya Sutta . True conversion is personal transformation and spiritual awakening. |
| A 4.194 | SD 56.6 | SamugiyaSutta. |
| A 4.196 | *** | *** Sutta. *** |
| A 4.198 | SD 56.7 | Attantapa Sutta. Practice that harms neither self or others. |
| A 4.199 | SD 16.2 | (Vicarita) Tanha Sutta . The 108 thought-courses motivated by craving. |
| A 4.201 | SD 47.3b | (Sappurisa) Sikkhapada Sutta . Moral virtue is the basis of Buddhist training. |
| A 4.232 | SD 4.13 | (Vitthara) Kamma Sutta . Four types of karma in terms of their quality and result. |
| A 4.233 | *** | Sikha Moggallana Sutta. |
| A 4.240 | SD 23.7 | (3) Sappurisanimsamsa Sutta . The benefits from a true individual. |
| A 4.240 | SD 30.10 | (3.2) Sappurisanimsamsa Sutta . The benefits of a true individual. |
| A 4.255 | SD 37.10 | (Ciratthita) Kula Sutta . Four things that make a wealthy family stand long. |
| A 5.2 | SD 12.10 | Pañca Sekhabala Sutta . Qualities leading to arhathood. |
| A 5.17 | *** | Hita Sutta 1. |
| A 5.18 | *** | Hita Sutta 2. |
| A 5.19 | *** | Hita Sutta 3. |
| A 5.20 | *** | Hita Sutta 4. |
| A 5.23 | *** | Upakkilesa Sutta. |
| A 5.26 | SD 3.2 | Vimuttayatana Sutta . Opportunities to enter the path. See under Essays. |
| A 5.26 | SD 21.5 | Vimuttayatana Sutta . Can liberation be won without meditation? |
| A 5.28 | *** | Pañcangika Sutta. |

| | | |
|-------------|------------|--|
| A 5.31 | SD 22.14 | Sumana Rajakumari Sutta . The levels of benefits for a giver. |
| A 5.32 | *** | Cundi Sutta. |
| A 5.33 | *** | (Vitthara) Kilesa Sutta. The five mental hindrances. See S 46.33. |
| A 5.34 | SD 45.2 | (Pancaka Danaphala) Siha Sutta . The fruit of giving visible in this life. |
| A 5.36 | SD 22.15 | Sappurisa Dana Sutta . The five occasions for giving. |
| A 5.39 | SD 4.1 | (Intro 1) Thana Putta Sutta . Why parents wish for a son. |
| A 5.41 | SD 2.1 | Adiya Sutta . The best benefits of wealthy. |
| A 5.43 | SD 47.2 | (Pañcaka) Ittha Sutta . Success does not come through prayer or wishing. |
| A 5.44 | SD *** | *** |
| A 5.48 | SD 42.1 | Alabbhaniya Thana Sutta . 5 kinds of true reality that we must all face. |
| A 5.49 | SD 42.14 | (Mallika Kalakata) Kosala Sutta . Impermanence, death, and success in life. |
| A 5.51 | SD 32.3 | Avarana Sutta . The 5 hindrances are like mountain streams. |
| A 5.55 | *** | Mata,putta Sutta. |
| A 5.56 | SD 3.2 | (5.2) Vimuttayatana Sutta . Dharma-inspired joy as the basis for liberation. |
| A 5.57 | SD 5.12 | (Abhinha,paccavekkhitabba) Thana Sutta . Five regular reflections for spiritual development. |
| A 5.63 | SD 3.4 | (3) (Savaka) Vaddhi Sutta . The fivefold growth of a male noble disciple. |
| A 5.64 | SD 3.4 | (4) (Savika) Vaddhi Sutta 2 . The fivefold growth of a female noble disciple. |
| A 5.68 | *** | Dutiya Iddhi,pada Sutta. |
| A 5.73 | SD 44.4 | Dhammavihari Sutta 1 . The Dharma is experienced with inner calm. |
| A 5.74 | SD 44.5 | Dhammavihari Sutta 2 . We must understand the Dharma's meaning with wisdom. |
| A 5.76 | *** | Yodhajiva Sutta. |
| A 5.77 | *** | Anagata,bhaya Sutta 1. On the urgency of spiritual attainment. |
| A 5.77 | SD 1.10 | (3.1) Anagata,bhaya Sutta 1 (excerpt). On the urgency of spiritual attainment. |
| A 5.78 | *** | Anagata,bhaya Sutta 2. On the urgency of spiritual practice. |
| A 5.78 | SD 1.10 | (3.2) Anagata,bhaya Sutta 2 (excerpt). On the urgency of spiritual practice. |
| A 5.79 | *** | Anagata,bhaya Sutta 3. On the decline of the monastic order. |
| A 5.79 | SD 1.10 | (3.3) Anagata,bhaya Sutta 3 (excerpt) . On the decline of the monastic order. |
| A 5.80 | *** | Anagata,bhaya Sutta 4. On the growing materialism in the monastic order. |
| A 5.80 | SD 1.10 | (3.4) Anagatabhaya Sutta 4 (excerpt). On the growing materialism in the monastic order. |
| A 5.88 | SD 40a.16 | (Ahita) Thera Sutta . Even famous teachers can have wrong views. |
| A 5.89 | *** | Sekha Sutta 1. |
| A 5.90 | *** | Sekha Sutta 2. |
| A 5.93 | SD 4.1 | Thana Putta Sutta . Reasons parents have for having a son. |
| A 5.97 | *** | (Anapana,sati) Katha Sutta. |
| A 5.100 | SD 54.9 | Kakudha Thera Sutta. |
| A 5.101 | SD 28.9a | (3.1) Sarajja Sutta . The five qualities bringing intrepidity to a learner, |
| A 5.105 | SD 47.12 | Phasuvihara Sutta . Harmony in the sangha. |
| A 5.106 | *** | Asekha Sutta. |
| A 5.109 | *** | Catu-d,disa Sutta. |
| A 5.110 | *** | Arañña Sutta. |
| A 5.140 | *** | Sota Sutta. |
| A 5.144 | SD 2.12 | Tikandaki Sutta . Dealing with repulsive and the unrepulsive. |
| A 5.148 | SD 22.15 | Sappurisa Dana Sutta . True giving, wealth and their benefits. |
| A 5.151-153 | SD 4.2-4.4 | Sammatta Niyama Suttas . How to prepare yourself for spiritual liberation. |
| A 5.159 | SD 46.1 | (Dhamma Desaka) Udayi Sutta . How to teach the Dharma. |
| A 5.161 | SD 12.23 | Aghatapavinaya Sutta 1 . Anger management. |
| A 5.162 | SD 39.6 | Aghata Pativinaya Sutta 2 . Anger management & karma. |

| | | |
|---------|---------------|--|
| A 5.166 | SD 47.15 | (Sariputta) Nirodha Sutta . How a quarrelsome monk should be dealt with. |
| A 5.174 | SD 6.4 | Bhaya Vera Sutta . Disadvantages of breaking the five Precepts. |
| A 5.176 | SD 19.8 | (Anathapindika) Piti Sutta . Lay followers, too, should go into solitary retreat. |
| A 5.179 | SD 22.12 | Gihi Sutta . [See A 3.57 = SD 22.12] |
| A 5.180 | SD 47.16 | Gavesi Sutta . Keeping the precepts leads to spiritual fulfillment. |
| A 5.191 | *** | Sunakha Sutta. |
| A 5.192 | SD 36.14 | Dona Brahmana Sutta . Types of brahmins. |
| A 5.193 | *** | (Manta) Sangarava Sutta. |
| A 5.199 | SD 26.13 | Tanha Jalini Sutta . How craving manifests itself in 36 ways. |
| A 5.202 | SD 3.2 | Dhammassavanna Sutta . See under Essays. |
| A 5.211 | SD 46.21(1) | (Pancaka) Akkosaka Sutta . The disadvantages of reviling and abusing in the sangha. |
| A 5.225 | *** | Kul'upaka Sutta 1. The 5 disadvantages of a monk frequenting houses. |
| A 5.226 | *** | Kul'upaka Sutta 2. The 5 dangers of a monk frequenting houses. |
| A 5.250 | SD 3.14 | Puggalappasada Sutta . Dangers of wrong devotion. |
| A 6.7 | *** | Chalanga Dana Sutta. The six-factored giving. |
| A 6.8 | SD 14.14 | (4.2.1) Anuttariya Sutta 1 . The six unsurpassables (in brief). |
| A 6.9 | SD 24.8 | (2.2) (Sankhitta) Anussati Sutta . The 6 inspiring meditations that help the faith-inclined to gain access concentration. Explained in detail at A 6.25. |
| A 6.10 | SD 15.3 | (Agataphala) Mahanama Sutta . The six recollections of the saints. |
| A 6.13 | SD 60.2 | (Nissarana) Metta Sutta. |
| A 6.16 | SD 5.2 | Nakula Sutta . How a wise loving wife counsels a dying husband. |
| A 6.19 | SD 48.11 | (Chakka) Maranassati Sutta 1 . The meditation on death should be done with every breath. |
| A 6.20 | SD 48.12 | (Chakka) Maranassati Sutta 2 Mindfulness of death night and day facilitates awakening. |
| A 6.25 | *** | (Vitthara) Anussati Sutta. The 6 inspiring meditations that help the faith-inclined to gain access concentration. Summarized as A 6.9. |
| A 6.26 | SD 13.1 | (5C.2) Sambadhokasa Sutta . The Satipatthana Suttas. The mind and the wholesome roots. |
| A 6.26 | SD 15.6 | Sambadhokasa Sutta . How to awaken as a lay follower. |
| A 6.29 | SD 24.8 | (Anussatitthana) Udayi Sutta . The six bases of recollection. |
| A 6.30 | SD 14.15 | Anuttariya Sutta 2 . Six supreme qualities conducive to awakening. |
| A 6.35 | SD 23.16(1.2) | Vijjabhagiya Dhamma Sutta . The 6 things conducive to true knowledge. |
| A 6.36 | SD 47.14 | (Chakka) Vivadamula Sutta . 6 conditions that promote discord. |
| A 6.37 | SD 22.1 | (Sumana) Dana Sutta . How to give with wholesome intentions. |
| A 6.38 | SD 7.6 | Attakari Sutta . Is there free will? |
| A 6.41 | SD 17.2a | (7.2) (Sariputta) Darukkhandha Sutta . Interbeing of the four elements. |
| A 6.42 | *** | Nagita Sutta. |
| A 6.43 | *** | *** Sutta. |
| A 6.44 | SD 3.2 | Migasala Sutta : Measure not others. See under Essays. |
| A 6.44 | SD 3.14 | (Migasala Sutta) . Measure not others. |
| A 6.45 | SD 37.5 | Ina Sutta . Karma is like debts and interests. |
| A 6.46 | SD 4.6 | (Dullabha) Maha Cunda Sutta . Fellowship between scholars and meditators. |
| A 8.48 | SD 5.3 | Nakulamata Sutta . On how women can be reborn among the gods. |
| A 6.49 | SD 19.2b | Khema Sumana Sutta . The arhat has no notion of status. |
| A 6.53 | *** | (Paribhasaka) Dhammika Sutta. |
| A 6.54 | *** | (Akkosaka) Dhammika Sutta. |
| A 6.55 | SD 20.12 | Sona (Kolivisa) Sutta . How to balance our spiritual practice. |
| A 6.56 | SD 23.4 | (Gilana) Phaggunasutta . Benefits of knowing the Dharma at the time of dying. |

| | | |
|---------|-----------------|--|
| A 6.57 | SD 23.5 | Chalabhijati Sutta . We can rise above our own karma. |
| A 6.58 | SD 61.1 | Asava Sutta. |
| A 6.60 | SD 51.3 | Citta Hatthi,sariputta Sutta. |
| A 6.61 | *** | Parayana Sutta. |
| A 6.62 | SD 61.5 | Puris'indriya,ñana Sutta. The Buddha's power of mind-reading. |
| A 6.63 | SD 6.11 | Nibbedhika Pariyaya Sutta . A novel application of the noble truths as an overview of the way to spiritual liberation. |
| A 6.** | *** | *** |
| A 6.71 | *** | Sakkhi,bhabba Sutta. |
| A 6.88 | SD 48.5 | Sussusa Sutta. How to benefit from the Dharma with certainty. |
| A 6.93 | SD 12.14 | Kiñci Sankhara Sutta . Things that one of right view would never do. |
| A 6.97 | SD 3.3 | (Sotapanna) Anisamsa Sutta . The 6 benefits of streamwinning. |
| A 6.98 | SD 12.13 | Anicca Sutta . How to be certain of the right path to liberation. |
| A 6.102 | *** | (Anisamsa) Anicca Sañña Sutta. Six advantages of perception of impermanence. |
| A 6.104 | SD 19.13 | (3) Atammaya Sutta . Six advantages of the perception of not-self. |
| A 6.107 | SD 4.14 | (1) Tidhamma Pahaniya Sutta . The 3 unwholesome roots are to be abandoned. |
| A 6.117 | SD 13.1 | (5) The Satipatthana Suttas . Introduction. Kayânupassa Sutta. |
| A 6.118 | SD 13.1 | (5) The Satipatthana Suttas . Introduction. Dhammânupassa Sutta. |
| A 6.121 | SD 14.14 | (4.2.2) (Raga) Anuttariya Sutta . Six factors for the direct knowing of lust. |
| A 7.5 | SD 37.6 | Ariya Dhana Sutta 1 . The seven spiritual treasures: virtues of great assistance. (A 7.5-6 = SD 37.6) |
| A 7.6 | SD 37.6 | Ariya Dhana Sutta 2 . The seven spiritual treasures: virtues of great assistance. (A 7.5-6 = SD 37.6) |
| A 7.11 | *** | Anusaya Sutta. |
| A 7.12 | *** | Anusaya Sutta. |
| A 7.15 | SD 28.6 | Udakûpama Sutta . The levels of spiritual commitment and attainment |
| A 7.18 | SD 19.9 | Niddasavatthu Sutta . The complete spiritual training in seven stages. |
| A 7.33 | *** | Aparihanaya Dhamma Sutta 1. |
| A 7.34 | *** | Aparihanaya Dhamma Sutta 2. |
| A 7.35 | SD 64.3 | Piya Mitta Sutta 1. Seven qualities of a worthy friend. |
| A 7.36 | SD 64.4 | Piya Mitta Sutta 2. Seven qualities of a worthy friend. |
| A 7.39 | SD 19.10 | (Sariputta) Niddasa,vatthu Sutta . The complete spiritual training. |
| A 7.43 | SD 3.16(2.1) | (Satta) Aggi Sutta . The seven fires. |
| A 7.44 | SD 3.16 | (Uggatasarira) Aggi Sutta . The 3 wholesome fires. |
| A 7.46 | SD 15.4 | (Vitthara) Satta Sanna Sutta . Seven meditation methods leading to the Deathfree. |
| A 7.47 | SD 21.9 | Methuna Sutta . The seven bonds of sexuality. |
| A 7.48 | SD 8.7 | Saññoga Sutta . On sexuality and disengagement. |
| A 7.49 | SD 2.3 | Dana Mahapphala Sutta . On the best motivation for giving. |
| A 7.53 | SD 54.5 | (Brahma) Tissa Sutta. The knowledge of the gods are limited. |
| A 7.54 | SD 22.16 | Dana Siha Sutta . The visible fruits of giving & general S'ha's lion roar [previously SD 45.3] |
| A 7.58 | SD 4.11 | Pacala Sutta . Eight ways of overcoming drowsiness. |
| A 7.58a | SD 2.11a | (Punna) Metta Sutta . The spiritual benefit of lovingkindness meditation. |
| A 7.59 | SD 90.3 | Bhariya Sutta. Seven kinds of wives. |
| A 7.60 | *** | Kodhana Sutta. [see SD 31.5 Intro] |
| A 7.62 | SD 47.8 | Satta Suriya Sutta . The end of the universe and its significance. |
| A 7.64 | SD 30.10 | Dhammaññu Sutta . The qualities of the true individual. |
| A 7.65 | *** | Paricchatakupama Sutta. |
| A 7.67 | SD 15.2 | Bhavana Sutta . How to meditate. = Vasijata Sutta (S 22.101) |
| A 7.68 | *** | Aggi-k,khandhûpama Sutta. |

| | | |
|--------------------|--------------------------|--|
| A 7.70 | SD 16.17 | Araka Sutta . Life is short: it's time to awaken. |
| A 8.1 | SD 30.6 | Attha Mettanisamsa Sutta . The 8 benefits of lovingkindness cultivation. |
| A 8.2 | SD 44.13 | (Atthaka) Panna Sutta . 8 ways conducive to the arising of wisdom. |
| A 8.3 | SD*** | *** |
| A 8.4 | SD *** | *** |
| A 8.5 | SD 42.2 | Lokadhamma Sutta 1 . The 4 pairs of uncertainties in life (in brief). |
| A 8.6 | SD 42.3 | Lokadhamma Sutta 2 . The 4 pairs of uncertainties in life (detailed). |
| A 8.8 | *** | Uttara Sutta. *** |
| A 8.9 | *** | Nanda Sutta. *** |
| A 8.11 | *** | *** |
| A 8.12 | SD 71.5 | (Licchavi) Siha Sutta. The conversion of general S'ha. |
| A 8.14 | SD 7.9 | Khalunka Sutta . Psychological defence mechanisms. |
| A 8.16 | SD 46.7 | Duta Sutta . The qualities of a messenger or counsellor. |
| A 8.20 | SD 59.2 | (Samudda) Uposatha Sutta 1. The parable of the great ocean. = U5.5. |
| A 8.21 | SD 70.3 | (Vesalika) Ugga Sutta. *** |
| A 8.22 | *** | (Hatthi,gamaka) Ugga Sutta. *** |
| A 8.25 | SD 6.3 | (Upasaka) Mahanama Sutta . What makes a lay follower? |
| A 8.26 | *** | (Upasaka) Jivaka Sutta. |
| A 8.30 | SD 19.5 | Anuruddha Mahavitakka Sutta . The joy of the spiritual life. |
| A 8.31-33 | SD 6.6 | (Attha) Dana Sutta (SD 6.6a). On the motives behind giving. (A 8.31-33 = SD 6.6) |
| A 8.32 | SD 6.6b | Dana Sutta 2 . Faith, moral shame, generosity. (A 8.31-33 = SD 6.6) |
| A 8.33 | SD 6.6c | Dana Vatthu Sutta . The motives behind giving. (A 8.31-33 = SD 6.6) |
| A 8.35 | SD 23.12 | Danûpapatti Sutta . The morally virtuous who give can choose their rebirth. |
| A 8.36 | SD 22.17 | Puññakiriyavatthu Sutta . Benefits of practicing giving,moral virtue and meditation |
| A 8.37 | SD 23.7 | (3.1) (Sankhitta) Sappurisdana Sutta . The giving of a true individual (in brief). |
| A 8.37 | *** | (Sankhitta) Sappurisa,dana Sutta. The giving of a true individual (in brief). |
| A 8.38 | SD 23.7 | (3.1) Sappurisa Sutta . The qualities of the true lay individual. |
| A 8.38 | SD 30.10 | (3.2) Sappurisa Sutta . The true individual benefits everyone. |
| A 8.40 | SD 6.5 | Sabbalahusa Sutta . The result of breaking the precepts. |
| A 8.48 | SD 5.3 | Nakulamata Sutta . How women can be reborn amongst the devas. |
| A 8.54 | SD 5.10 | Dighajanu Sutta or Vyagghapajja Sutta. The layman's welfare. |
| A 8.59 & A 8.60 | SD 15.10a(1) & (2) | Attha Puggala Sutta 1 & 2 . Recollection of the 9 virtues of the noble sangha; 8 kinds of Noble individuals. |
| A 8.62 | SD 46.5 | (Atthaka) Alam Sutta . The qualities of a Dharma worker. |
| A 8.63 | SD 46.6 | Sankhitta (Desita) Dhamma Sutta . The disciples's training (in brief). |
| A 8.64 | *** | Gaya Sutta. The Bodhisattva's vision of light. |
| A 8.70 | *** | Bhumi,cala Sutta. *** |
| A 8.73 | SD 48.5 | (Atthaka) Maranasati Sutta 1 . The meditation of death should be done with every breath. |
| A 8.74 | SD 48.6 | (Atthaka) Maranasati Sutta 2 . Mindfulness of death day and night facilitates awakening. |
| A 8.86 | *** | Yasa Sutta. |
| A 9.1 | ** | Sambodha,pakkhika Dhamma Sutta. *** |
| A 9.3 ~ U 4.1 | SD 34.2 | Meghiya Sutta . Spiritual friendship is conducive to mental development. |
| A 9.4 | *** | Nandaka Sutta. *** |
| A 9.5 | SD 2.21 | (Sangaha) Bala Sutta . How to free yourself from five common fears. |
| A 9.11 | SD 28.2a | Vuttha Vassavasa Sutta or Vuttha Sutta or Nada Sutta or Sihanada Sutta . On humility in spiritual friendship. |
| A 9.12 | SD 3.3(3) | Saupadisesa Sutta . The 9 types of sekha saints. See under Essays, SD 3.3(3). |

| | | |
|----------|--------------|---|
| A 9.13 | *** | (Kamma) Maha Kotthita Sutta. The reward of the holy life is not good karma, but liberation. |
| A 9.15 | SD 29.15 | Ganda Sutta . The nine bodily openings. |
| A 9.17 | SD 37.11 | (Navaka Upagantabba) Kula Sutta . Nine conditions when a family may be approached. |
| A 9.20 | SD 16.6 | Velama Sutta . On right giving and the highest thought. |
| A 9.24 | *** | Nava Sattavasa Sutta. *** |
| A 9.34 | SD 55.1 | (Sariputta) Nibbana Sutta. Nirvana is happiness beyond feeling. |
| A 9.35 | SD 24.3 | Pabbateyya Gavi Sutta or Gavi Upama Sutta. How to progress into the dhyanas. |
| A 9.36 | SD 33.8 | (Asava-k,khaya) Jhana Sutta . The dhyanas leading to spiritual liberation. |
| A 9.38 | SD 35.2 | Lokayatika Brahmana Sutta . The world's end cannot be reached by going. |
| A 9.42 | SD 33.2 | (Pañcala,canda) Sambadha Sutta . The Buddha is the discoverer of dhyana. |
| A 9.68 | SD 2.20 | Panca Gati Sutta . The 5 realms of sentient existence. |
| A 10.2 | SD 41.6 | (Dasaka) Cetanakaraniya Sutta . Spirituality arises naturally with moral virtue. |
| A 10.29 | SD 16.15 | Kosala Sutta 1 . Even the best or highest, except nirvana, is impermanent. |
| A 10.30 | *** | Kosala Sutta 2. *** |
| A 10.48 | SD 48.9 | Pabbajita Abhinha Sutta . The 10 regular practices of a renunciant. |
| A 10.51 | SD 5.13 | (Sattha) Sacitta Sutta . On self-review. |
| A 10.55 | SD 43.5 | Parihana Sutta . Learning the Dharma for self-mastery.. |
| A 10.60 | SD 19.16 | Girimananda Sutta . The 10 meditations for the sick. |
| A 10.61 | SD 31.10 | (Ahara) Avijja Sutta . Conditions giving rise to ignorance and to liberation. |
| A 10.62 | SD 31.11 | (Ahara) Tanha Sutta . Conditions giving rise to craving and to liberation. |
| A 10.63 | SD 3.3(1.2) | Nittha Sutta . Five kinds of saints. See under Essays. |
| A 10.67 | *** | Nalaka,pana Sutta 1. *** |
| A 10.68 | *** | Nalaka,pana Sutta 2. *** |
| A 10.76 | SD 2.4 | (Abhabba) Tayodhamma Sutta . Why and how to practice the spiritual life. |
| A 10.78 | *** | (Asaddhamma) Nigantha Sutta. *** |
| A 10.86 | SD 12.15 | Aññâdhikarana Sutta . Mere book learning does not lead to liberation. |
| A 10.87 | SD *** | *** |
| A 10.88 | SD 46.21(2) | (Dasaka) Akkosaka Sutta . The disadvantages of reviling one another in the sangha. |
| A 10.92 | SD 3.3 (4.2) | (Dasaka) Bhaya Sutta . The 4 limbs of a streamwinner. |
| A 10.93 | *** | (Anathapindika) Ditthi Sutta. |
| A 10.99 | SD 30.9 | (Dasaka) Upali Sutta . Upali is advised not to live the solitary forest life. |
| A 10.117 | SD 18.7 | (8.2) (Kammapatha) Sangarava Sutta . The river-banks as the courses of action. |
| A 10.169 | SD 18.7 | (8.2) (Magga) Sangarava Sutta . The river-banks as the eightfold path. |
| A 10.174 | SD 15.11 | (1) Kamma Nidana Sutta . The negative root causes of karma. |
| A 10.174 | SD 18.8 | (Akusala) Kamma Nidana Sutta . The negative root causes of karma. |
| A 10.175 | *** | Cunda (Kammara,puta) Sutta. |
| A 10.177 | SD 2.6a | (Saddha) Janussoni Sutta . Who can benefit from dedication of merits? |
| A 10.200 | *** | Niraya Sagga Sutta 1. |
| A 10.201 | *** | Niraya Sagga Sutta 2. |
| A 10.205 | SD 39.7 | Samsappaniya Pariyaya Sutta . We are our karma. |
| A 10.206 | SD 3.9 | Sancetanika Sutta . How karma is forestalled and destroyed. = A 10.207. |
| A 10.207 | SD 3.9 | Sancetanika Sutta 2 = A 10.206. [same as the above sutta] |
| A 10.208 | SD 2.10 | Karajakaya Brahmavihara Sutta . How lovingkindness limits karma and cultivate divinity in us. |
| A 11.6 | SD 46.22 | (Ekadasaka) Vyasana Sutta . The losses from reviling one another in the sangha. |
| A 11.10 | *** | Saddha Sutta. |
| A 11.11 | *** | Moranivapa Sutta. |
| A 11.15 | *** | Subhuti Sutta. |
| A 11.16 | SD 2.15 | (Ekadasa) Mettanisamsa Sutta . The 11 benefits of cultivating loving-kindness. |

| | | |
|---------|---------|--|
| A 11.17 | SD 41.2 | Dasama Gahapati Sutta = Atthaka,nagara Sutta (M 52). |
| A 11.18 | *** | Gopalaka Sutta. |

Khuddaka Nikaya [Ongoing]

“Collection of Little Texts”, 15 separate miscellaneous texts, many in verse form, which contain both some of the earliest and latest material in the Canon.

Khuddaka, patha (Kh or Khp)

“Minor Readings”, a short collection of text for recitation.

| Sutta | SD No. | Sutta [Topic] |
|--------------|---------------|---|
| Kh 7 | 2.7 | Tirokudda Suta . The departed and merit. |
| Kh 8 | *** | Nidhikanda Sutta. The power of merit. |
| Kh 9 | 38.3 | Karaniya Metta Sutta . Unconditional acceptance and positive emotion. = Sn 1.8. |

Sutta Nipata (Sn)

“Group of Discourses”, a collection of 71 verse Suttas, including what some see as very early material, such as the Atthaka Vagga.

| Sutta | SD No. | Sutta [Topic] |
|----------------|---------------|--|
| Sn 1.2 | *** | Dhaniya Sutta. *** |
| Sn 1.4 | *** | Kasi Bhara,dvaja Sutta. *** = S 7.11. |
| Sn 1.5: 55 | 13.1 | The Satipatthana Suttas. Introduction. |
| Sn 1.7 | *** | Vasala Sutta. *** |
| Sn 1.8 | 38.3 | Karaniya Metta Sutta . Unconditional acceptance and positive emotion. = Kh no 9. |
| Sn 1.11 | 3.8 | (6) Vijaya Sutta. Disillusionment regarding the body. See under Essays. |
| Sn 1.13: 211 | 12.1 | Why the Buddha hesitated to teach. Muni Sutta. |
| Sn 2.2 | 4.24 | Amagandha Sutta. You are not always what you eat. |
| Sn 2.14: 394ab | 4.24 | (3.1) Amagandha Sutta. You are not always what you eat. |
| Sn 2.14: 394 | 27.3 | (3) Adhipateyya Sutta. On the true priorities that bring liberation. |
| Sn 3.2 | *** | Padhana Sutta. The Bodhisattva’s struggle for awakening. |
| Sn 3.4 | 22.2 | Sundarika Bhara,dvaja Sutta. Who is truly worthy of offerings? |
| Sn 3.9 | 37.1 | Vasettha Sutta. You are what you do. = M 98. |
| Sn 3.12: p140 | 13.1 | (3.5) The Satipatthana Suttas. Introduction. Dvayatânupassana Sutta |

Dhammapada & Commentary (Dh or Dhp & DhA)

“Stanzas on Dhamma”, a popular collection of 432 pithy verses of a largely ethical nature.

| Verse No. | SD No. | Sutta [Topic] |
|------------------|---------------|--|
| Dh 1-2 | 17.8a | Consciousness and the fruit salad simile. |
| Dh 7-8 | 13.1 | (3.5) The Satipatthana Suttas. Introduction. |
| Dh 64-65 | 24.6a | (Anubaddha) Bhikkhu Sutta. The mind can only truly focus in mental solitude. |
| Dh 97 | 10.6 | Two levels of religious language. Words, meaning and truth. |
| Dh 129 | 27.3 | (3) Adhipateyya Sutta. On the true priorities that bring liberation. |
| Dh 129-130 | 1.5 | (1) Velu,dvareyya Sutta. The golden rule. |
| Dh 152 | 24.6 | (2.8) Anubaddha Bhikkhu Sutta. The mind can only truly focus in mental solitude. |
| Dh 152 | 50.2 | (2) Laludayi Thera Vatthu 2. The story of the elder Laludayi (DhA 11.7). Cf J 211. |
| Dh 158 | 24.6 | (2.8) Anubaddha Bhikkhu Sutta. The mind can only truly focus in mental solitude. |
| Dh 160 | 27.3 | (3) Adhipateyya Sutta. On the true priorities that bring liberation. |
| Dh 166 | 24.6 | (2.8) Anubaddha Bhikkhu Sutta. The mind can only truly focus in mental solitude. |
| Dh 206-208 | 24.6 | (2.8) Anubaddha Bhikkhu Sutta. The mind can only truly focus in mental solitude. |
| Dh 241 | 50.3 | Laludayi Thera Vatthu 3. Pride comes before a fall. (DhA 18.4). Cf J 153. |
| Dh 253 | 13.1 | (3.5) The Satipatthana Suttas. Introduction. Anupassana. |
| Dh 273 f | 13.1 | (3.2d) The Satipatthana Suttas. Introduction. Ekâyana,magga. |

| | | |
|------------------|--------|--|
| Dh 277-279 | 26.8 | (1.1) Dhamma,niyama Sutta. Impermanence, suffering and not-self. |
| Dh 277a, 279a | 26.4 | (4) Cula Saccaka Sutta. The conversion of a boastful debater. |
| Dh 294 | 10.6 | (6) The nature of religious language. Ultimate meaning. |
| Dh 302 | 24.6 | (2.8) Anubaddha Bhikkhu Sutta. The mind can only truly focus in mental solitude. |
| Dh 354 | 22.10b | (3.8) Greater than the incomparable giving |

Udana (U or Ud)

“Verses of Uplift”, 80 short Suttas based on inspired stanzas.

| Sutta No. | SD No. | Sutta [Topic] |
|------------------|---------------|--|
| U 1.10 | 33.7 | (Arahatta) Bahiya Sutta . The time to learn is now (Bahiya Daruciriya). |
| U 3.1 | 39.3 | Sabba Kamma Jaha Sutta or Kammavipakaja Sutta. How to be untroubled by kara. |
| U 3.2 | 43.7 | (Arahatta) Nanda Sutta . Nanda overcomes sexual lust. |
| U 3.3 | 28.9c | Yasoja Sutta. Spiritual resilience in the face of rejection |
| U 3.6 | 60.3 | Pilinda Sutta. Dealing with habitual tendencies. |
| U 3.7 | 71.3 | (Sakka) Kassapa Sutta. Even the gods need merit. |
| U 3.8 | | Pinda,patika Sutta. *** |
| U 4.1 ~ A 9.3 | 34.2 | Meghiya Sutta . Spiritual friendship is conducive to mental development. |
| U 4.4 | 24.9 | Junha Sutta or Yakkhapahara Sutta. S?riputta in samadhi is unharmed by a yaksha. |
| U 4.6 | 27.6a | (2.3) Pindola Sutta. Pindola as an exemplary monk and meditator. |
| U 5.3 | 70.4 | Kutthi Sutta. *** |
| U 5.5 | 59.2 | (Samudda) Uposatha Sutta 2. The parable of the great ocean. = A 8.20. |
| U 8.8 | 48.4 | (Visakha) Natta Sutta . Endearment brings sorrow. |

Iti.vuttaka (It or Itv)

“As It Was Said”, 112 short Suttas.

| Sutta | SD No. | Sutta [Topic] |
|--------------|---------------|--|
| It 1.3.7 | 30.7 | Metta Bhavana Sutta . The benefits of lovingkindness. |
| It 2.1.8 | 2.16 | (13) Na Kuhana Sutta 1 . The spiritual life is not for deceiving others. |
| It 2.1.10 | 16.14 | Somanassa Sutta . Samvega and its benefit. |
| It 3.2.1 | 22.17 | (2.1) Puñña,kiriya,vatthu Sutta . The three grounds for merit-making. |
| It 3.2.4< | *** | Addha Sutta. The nature of the aggregates. |
| It 3.2.4 | 14.9 | (2) Addha Sutta. (The verses.) |
| It 3.3.4 | 24.20 | Santatara Sutta . Cessation of feeling and perception is more peaceful than the formless states. |
| It 3.4.4 | 23.8a | (1.2) Pañca Pubba,nimitta Sutta . How the gods know they are about to die. |
| It 3.5.2 | 28.9b | Jivika Sutta . The true purpose of the spiritual life. |
| It 3.5. 3 | 24.10a | Sanghatikanna Sutta . He practises the Dharma is near the Buddha. |

Theragatha (Tha. Th or Thag)

“Elders’ Verses I”, 107 poems in 1279 stanzas, telling how a number of monks attained enlightenment.

| Verse No. | SD No. | Sutta [Topic] |
|------------------|---------------|--|
| Tha 88 | 20.9 | (1104 comy) Ajjuna Theragatha. Pulling oneself out of the waters of suffering. |
| Tha 89 | 20.9 | (1104 comy) Deva,sabha Theragatha. Crossing the floods. |
| Tha 212 f | 43.2 | Kisa Gotam1. An early case of denial. |
| Tha 217 f | 15.7 | Sandhita Theragath. Benefit of recollecting the Buddha. |
| Tha 280 | 15.7 | Nandaka Thera,gatha. Meaning of tathagata. |
| Tha 325-329 | 19.16 | Girimananda Theragatha. |
| Tha 423-428 | 20.10 | Migajala Theragatha. True solitude. |
| Tha 469-472 | 3.14 | See under Essays |

Tha 1091-1145 20.9 Tala,puta Thera,gatha. A spiritual soliloquy and the joy of spiritual solitude.

Therigatha (Thi or Thig)

“Verses of the Elder Nuns”, 73 poems in 522 stanzas, telling how a number of early nuns awakened.

| Verse No. | SD No. | Sutta [Topic] |
|------------------|---------------|---|
| () | 1.9 | See under Essays. |
| Thi 260-271 | 3.8 | Isidasi. See under Essays. |
| Thi 366-399 | 20.7 | Subha Therigatha. The true meaning of seeing. |

Apadana (Ap)

“Stories” on past lives of monks and nuns whose verses are given in the Theragatha and Therigatha.

| Sutta | SD No. | Sutta [Topic] |
|--------------|---------------|---|
| Ap 531 | 10.6 | Maha Pajpati Gotami Theri Apadana. Gotami’s praise of the Buddha. |

Jataka (J)

A collections of 547 “Birth Stories” dealing with previous lives of the Buddha, with the aim of illustrating points of morality. The full stories are told in the commentary (JA), based on the verses and small sections of prose (J), which are canonical.

| Sutta | SD No. | Sutta [Topic] |
|--------------|---------------|--|
| J 153 | 50.3 | Sukara Jataka. ***. Cf DhA 18.4 (on Dh 241). |
| J 157 | 37.14 | How Robes are Recycled. = V 2:290 f; DhA 2.1/1:218-220. |
| J 211 | 50.2 | Soma,datta Jataka. A father’s foolishness, a son’s wisdom. Cf DhA 11.7 on Dh 152. |
| J 245 | 11.9 | Mula,pariyaya Jataka. How conceit prevents awakening. |
| J 424 | 22.10a | Aditta Jataka. What is given is well saved. |
| J 531 | 23.8 | Kusa Jataka intro. The 5 omens of a deva’s death, the 5 signs of a monk’s failure. |

Vimana Vatthu (Vv): “Stories of the Mansions”, on heavenly rebirths.

Peta Vatthu (Pv): “Stories of the Departed”, on ghostly rebirths.

Niddesa: Maha Niddesa (Nm, NiddI, N1 or Nd1) and Culla-Niddesa (Nc, NiddII, N2 or Nd2): “Expositions”, in the form of a (canonical) commentary on part of Sutta Nipata.

Patisambhidamagga (Pm, Patis or Ps): “The Path of Discrimination”, an Abhidhamma-style analysis of certain points of doctrines and practice.

Buddhavamsa (B or Bv): “Chronicle of the Buddhas”, on 24 previous Buddhas.

Cariya Pitaka (C or Cp): “The Basket of Conduct”, on the conduct of Gotama in previous lives, building up the ‘perfections’ of a Bodhisatta.